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Bangalore Mirror

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Despite NGT ban, directions from authorities, stretches of storm water drains still covered with concrete slabs

COVERT OPERATIONS

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Covering storm water drains with concrete slabs is against the norms.

The Karnataka State Pollution Control Board (KSPCB) issued a direction to the Bruhat Bengaluru Mahanagara Palike (BBMP), following an order passed by the National Green Tribunal in July 2018, not to cover storm water drains with concrete slabs.

It is tough to remove silt from a drain covered with concrete slabs. It is a major hurdle whenever the adjacent areas are flooded with rain water during the monsoon.

The BBMP did attempt to remove concrete slabs on storm water drains and clear encroachments. Authorities have identified stretches of storm water

CONTINUED ON PAGE 6 »

"It does not require notices to be issued for removal of coverings on SWDs, and shall be removed immediately
—BBMP order

A gate installed at the stretch of the storm water drain that is covered with concrete slabs

CITY / PAGE 4

SAFE HOUSE

Solution to woes of home buyers on cards

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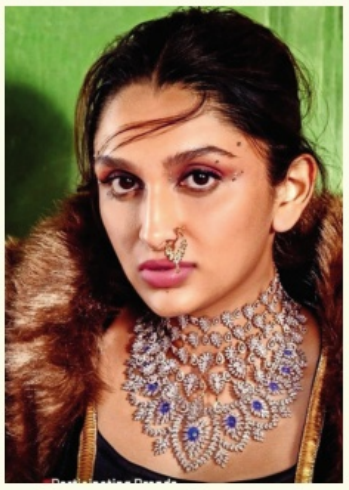
3 THINGS TO DO

01 Jem show



The Bengaluru Jewellery Show is primed to present one of the largest gatherings of jewellers on the occasion of this coming wedding season. This special edition brings famous as well as new exhibitors who are waiting to bring their special and diverse collection of gold, diamond, wedding, antique, designer, silver, gemstones, and beads jewellery. Sandalwood actress Sharanya Shetty will inaugurate the exhibition along with teleseries actress Sushma Nanaiah. **Where: White House Convention Center, HSR Layout; When: February 2 to 4; 11 am-8 pm**

02 Theatre act

Kannada Natakotsava, a platform dedicated to young and emerging directors of Karnataka, is set to present some of the exceptional plays in the evening. The festival aims to celebrate the rich history of the Kannada language and provide a unique opportunity to witness the magic of these new talents. **Where: Ranga Shankara**
When: until February 4; 7:30 pm

03 Time to run

More than 10,000 people are expected to participate in CanWalk-2024, a Cancer Awareness Walkathon organised by Navodayans. Health and Family Welfare Minister Dinesh R Gundurao will inaugurate the event. Every participant will receive a walkathon t-shirt, finisher medal, breakfast, and refreshments.
Where: Sree Kanteerava Stadium
When: Sunday, February 4; 6 am

Expect effortless rides with on-campus service

BU decides to implement shuttle services powered by batteries at its Jnanabharathi campus, which would help students and staff get around

Traversing Bangalore University's (BU) Jnanabharathi campus proves to be a formidable challenge due to the expansive 1,111-acre layout. However, the university has now opted to introduce battery-operated shuttle bus services for the convenience of students and staff members. This decision was reached during a recent Syndicate meeting, the highest decision-making body of the university. Confirming this initiative, BU Vice-Chancellor Dr SM Jayakar said, "The Jnanabharathi campus covers a vast area, and it has come to our notice that students and staff members face difficulties getting around. Hence, we have decided to introduce battery-operated buses with support from private firms." Sources suggest that BU may seek assistance from companies to invest in these buses using their CSR funds.

BU houses 48 departments with over 4,000 students. Despite BMTC buses passing through the campus, they mainly operate on the BU main road between Jnanabharathi gate and Ullal-ORR gate. Given the scattered locations of departments across the university, many face challenges reaching their respective campuses. While BU plans to provide shuttle buses, the Syndicate has also greenlit the purchase of three brand-new cars. These cars will be allocated for the finance officer, the registrar (evaluation), and the resource department.

BU houses 48 departments; given the scattered locations of departments, many face challenges reaching their campuses

Despite some questioning the decision to invest in cars, officials present a different perspective. "BU hosts numerous international-level programmes, with top dignitaries visiting our campus regularly. However, it is embarrassing for us to hire private cars without having our own. Moreover, BU has recently been accorded A++ by NAAC, and it is unfortunate that we lack sufficient cars. Even the cars currently in BU's possession are over 15 years old. In line with the State and Centre's directive to phase out vehicles that are 15 years old, we cannot continue using such cars. Additionally, these older cars are prone to numerous repairs, further impacting our finances," said an official.

> **"The campus covers a vast area, and it has come to our notice that students and staff face difficulties getting around**
> – Dr SM Jayakar, BU Vice-Chancellor

Demand for math labs

Meanwhile, lecturers are demanding the setting up of math labs in the PU colleges. SR Venkatesh, President of the Karnataka PU Mathematics Forum, said, "Many states like Maharashtra have already taken the lead in setting up math labs. Hence, we have submitted a proposal to the government to set up math labs."

Many colleges imparting the science stream have set up science labs but have not shown the same interest in setting up math labs. A college lecturer said, "For the last many years, the PU science stream has adopted the NCERT syllabus. Yet, the math labs have not been set up, and hence, it is affecting students studying in their first or second PU courses. As a result, the practical aspect is missing. Hence, in the absence of the math lab, the colleges are conducting theory exams for 80 marks, and the remaining 20 are reserved for internal assessment instead of practicals."

Students step into the realm of computing

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Students of Government Junior College at Ramamurthy Nagar got an opportunity to empower themselves on par with private college students on Wednesday. Some of them did not have access to a computer all these years. Now, they not only have access to computers but are also set to get computer training free of cost. "I did not have the opportunity to have access to a computer. I also do not know much about computers. I am very happy to have this opportunity. I want to undergo computer training to get a suitable job to support my parents," said Pooja V, a PU student.

Rohini Kumari D, a PU student from Ramamurthy Nagar, said that she wants to utilise the opportunity to learn Excel and Microsoft Word. "All the students are pursuing arts and commerce. The computer laboratory will be a great help for us," she said.

Expressing a similar opinion, Moni Kumari, a PU student from Kalkere, said that she wanted to learn data entry. boAt, a leading consumer electronics brand, has partnered with the Namma Bengaluru Foundation (NBF) to launch the Computer Classes Programme for government schoolchildren. This Corporate Social Responsibility (CSR) initiative aims to equip underprivileged students with essential computer skills, opening doors to new opportunities and propelling them towards a brighter future.

Students using computers at Government PU College at Ramamurthy Nagar

The programme, designed to empower young minds with the tools needed to thrive in the digital age, will offer hands-on training and comprehensive exposure to fundamental computer skills. Students will delve into essential topics like basic computer operations, digital literacy, and software applications, gaining the confidence and knowledge to navigate the ever-evolving digital landscape.

"At boAt, we believe in the power of technology to empower and transform lives," said Sameer Mehta, co-founder and CEO at boAt. Sanjay K Prabhu, Trustee at Namma Bengaluru Foundation, said that the e-computer classes programme will play a pivotal role in bridging the digital divide and empowering government school students with the necessary skills to excel in today's digital world.

Government Junior College principal Prakash told BM that the computer lab would help around 60 students learn extra skills to get suitable jobs. "I have requested the donors arrange for teachers to train the students as the college does not have computer teachers. This college opened in 2019, and there's been no computer lab all these years," he said.

Man alleges threats, extortion by cops while in detention

Victim writes to Lokayukta, complains of inaction by Sarjapura, Hebbagodi stations

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Several complaints have cropped up about high-handedness of cops of late

In a startling revelation, a man has come forward with allegations of corruption and intimidation by multiple police officials from Sarjapura and Hebbagodi Police Stations. The victim, who remains unnamed for safety reasons, penned a detailed letter addressed to the authorities and the Lokayukta, seeking urgent investigation and action against the accused officers.

According to the victim's account, his ordeal began on January 2, 2023, when he was under custody at Sarjapura Police Station in connection with a case under the Scheduled Caste and Scheduled Tribe (Prevention of Atrocities) Act, 1989.

The victim claimed that a police officer, allegedly under the influence of alcohol, threatened him and unlawfully accessed his UPI account, transferring Rs 50,000 to another account. Despite reporting the incident, the victim claims that higher-ranking officials and staff members from both Sarjapura and Hebbagodi Police Stations didn't take any action. "I had Rs 56,000 in my account at that time, and the policeman took my phone forcefully and threatened me to transfer the money. I did it then. Also, he told me that if I complain about this he would file more cases against me," the victim told BM. According to the complaint letter, the victim further alleges that crucial evidence, including screenshots of the fraudulent transactions, was removed from the case file by individuals at the Sarjapura Police Station and others from Hebbagodi Police Station.

> **"I had Rs 56,000 in my account; the policeman took my phone forcefully and threatened me to transfer the money. He said if I complain he would file more cases against me**

Additionally, the victim asserts that they were threatened and verbally abused to prevent them from speaking out about the incident.

Furthermore, the victim claims that attempts were made to manipulate his recorded statement and fabricate false cases against them as retaliation for refusing to comply with the demands of the police officials. Despite seeking information through the Right to Information (RTI) Act, the victim alleges that authorities consistently denied providing requested information, citing various sections of the act.

In a distressing turn of events, the victim in the letter states that he and his family were subjected to further harassment and extortion, with police officials demanding a significant sum of money calling it 'cooperation with the investigation'.

The victim has called upon the Lokayukta Office to conduct an immediate and thorough investigation into the allegations, offering full cooperation and evidence to support the claims. He emphasised the urgency of addressing the flagrant abuse of power and restoring justice, highlighting the potential impact on public trust in the justice system.

BM contacted Rural SP of Bengaluru, Mallikarjun Baldandi, and shared the documents and letter with him. He confirmed that he is in cognizance of the incident after reading the letter addressed to Lokayukta.

The SP didn't give any further details on the enquiry at the time of publishing. This latest incident comes at a time when social media too has been rife with high-handed acts by the police personnel. "The man in this case had shared details about his bad experience with us that a police officer had forcibly taken his mobile and asked his UPI password to transfer Rs 50,000 to some other person's account. In the past few months, we have seen several cases where the police had started to loot money online from the public," said Hemant of Rise UP For Rights NGO.

Time for digital detox

The Karnataka government on Thursday said it would launch a 'Digital Detox' initiative in collaboration with the All India Game Developers Forum (AIGDF), with special emphasis on gaming and social media.

The aim is to spread awareness about the ills of spending too much time in the digital world and instead create an environment of responsible gaming, Minister for IT&BT Priyank Kharge said.

Speaking at the valedictory function of GAFX 2024, he said, "The Digital Detox initiative is yet another step towards fulfilling this government's commitment of building a digitally empowered Karnataka through responsible use of technology." Observing that mental health issues, shrinking attention spans and fraying real-world relationships are the outcomes of digital dependence, the minister said that technology has woven itself firmly into the fabric of everyone's lives, and being glued to screens has become the norm in this hyper-connected age.

This is because it offers convenience and connection at the fingertips, but it is at the same time is exacting a heavy cost. "This initiative will enable an environment of meaningful and constructive use of technology while minimising its adverse effects," he assured.

Railing for safety at Metro station

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Taking note of people falling onto tracks, the Bangalore Metro Rail Corporation (BMRCL) has installed the first safety railings at Nadaprabhu Kempegowda station of the Green Line. Based on the pilot, BMRCL will consider installing it at other stations.

These railings cover the exposed area of the station area when the train is not halted at the station. This was a serious concern after a 23-year-old man tried to kill himself by jumping onto the tracks earlier this month. This is a stop-gap measure until platform screen doors (PSD) are installed.

"Currently, roughly 130-140m space of the metro station is exposed. For the first time, we are installing steel railings at the edge of the station. We have installed one at Platforms 1 and 2 for now and are yet to consider Platforms 3 and 4. This system will cover the exposed area apart from the space covered by the coach doors. Doors will align at the gap provided and the rest will be covered. Based on the effectiveness of the system, we will consider replicating it across other stations," said a senior BMRCL.

According to BMRCL, the railings will be up to 1.25m in height and there will be a gap of 1.4 m for the passengers to alight.

However, this is not a completely foolproof method and untoward incidents could take place without proper supervision. "We will have to consider installing platform doors at stations. However, the installation of platform doors will require various technical changes to stations. We will have to erect the platform doors, make changes to the tunnel ventilation, and sync the signalling system with the opening and closing of the platform doors. We will consider the PSD in future," he added.

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New regulations for apartment governance

State authorities collaborate on a comprehensive act to modernise apartment governance, streamline regulations, and enhance maintenance

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Amidst a surge in apartment construction, the Karnataka State Government is considering the need for a distinct act to govern rules and regulations related to apartments. Currently governed by the Karnataka Apartment Ownership Act of 1972, apartments face numerous challenges within this framework. The implementation of the Real Estate (Regulation and Development) Act (RERA) in 2016 has added complexity and confusion to the existing regulations.

To address these issues, concerned departments are collaboratively working on a comprehensive act to establish statewide common rules for apartment maintenance. Input has been sought from the departments of urban development, housing, revenue, and the Karnataka State Pollution Control Board (KSPCB). The proposed act aims to tackle issues related to plan approval, Floor Area Ratio (FAR), mandatory Sewage Treatment Plant (STP), elimination of Rajakaluve encroachments, and other legal framework issues. Once the draft is finalised, it will undergo public scrutiny, welcoming objections. The entire process is expected to take a few more months, according to officials.

Rakesh Singh, the Additional Chief Secretary of the Urban Development Department, expressed the government's commitment, stating, "Currently, there is a process to bring in a comprehensive act that will be applicable to all the apartments in the entire Karnataka State. The draft is being prepared to provide solutions to all the issues plaguing the apartment owners."

The proposed draft aims to address various concerns, including the registration and maintenance of apartment owners' associations, transfer of common usage areas to owners' associations, formation of apartment owners' associations, and maintenance of expenses. It also seeks to streamline permissions, delineate rules and responsibilities for builders/promoters and buyers, establish a competent authority for apartment maintenance, propose penalties for rule violations, and resolve other apartment-related issues.

> **"The draft is being prepared to provide solutions to all the issues plaguing the apartment owners**
>
> – Dhananjay Padmanabhachar, convenor, Karnataka Home Buyers Association

Dhananjay Padmanabhachar, the convenor of the Karnataka Home Buyers Association, has written to the housing and urban development departments, urging effective enforcement of the Karnataka Apartment Ownership Act of 1972 or the adoption of the Karnataka Apartment Ownership and Management Act of 2024, following the Odisha model. He emphasised the prevailing confusion surrounding the registration and management of apartment owners' associations, particularly in terms of the transfer of land to the association of flat owners.

The Karnataka Home Buyers Forum has recommended various measures to be incorporated into the proposed draft, including the full implementation of KAOA 1972, necessary amendments to the Karnataka Co-Operative Societies Act of 1959, definition of the Common Area Transfer process as per RERA 2016 section 17, and the establishment of a body corporate association/society for apartment owners with a notified competent authority.

Drips and drops turn Vajarahalli Road into seepage challenge

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In a worrying turn of events on 100 Feet Vajarahalli Road, near Sobha Forest View Apartment, residents find themselves grappling with multiple civic issues that are not only affecting their safety but also contributing to a potential health hazard.

For a month, residents have been raising concerns about a persistent seepage issue that has encroached upon half of the road. Despite complaints to the Bangalore Water Supply and Sewerage Board (BWSSB) and the Bangalore Development Authority (BDA), the problem remains unaddressed. The residents pointed out that even after reporting the matter to the Office of Special Duty (OSD) to the Chief Minister, the situation persists.

Kiran Kumar, resident of the Sobha Forest View Apartment, said, "When we complained about the issue for a few weeks, officials from BDA and BWSSB came to the spot and inspected it. The residents were hopeful that the situation would get fixed. However, it wasn't, and the water was still seeping onto the road. The leak, originating from the underground drainage system, not only mars the road's surface but also poses a serious threat to commuters. The uneven road conceals the seepage, increasing the risk of accidents, especially for those unaware of the lurking danger. The lack of prompt action is putting our safety at risk."

The delayed roadwork has not only disrupted daily commutes but has also become a breeding ground for mosquitoes, posing an additional health hazard to the community. Despite repeated complaints, the authorities have failed to expedite the project, leaving residents in a state of limbo, Kiran added.

Adding to the residents' woes, just 20 metres away from the seepage site, ongoing BWSSB work for laying Cauvery water pipelines has transformed the road into a perpetual construction zone. The project, initially slated for completion in October, remains unfinished, leaving loose gravel scattered across the road. This has resulted in several accidents, further exacerbating the risks faced by residents. "The never-ending BWSSB roadwork has turned our daily commute into a nightmare. The promised completion in October is long gone, and the loose gravel has already caused several accidents. It's affecting our work schedules and creating a lot of mess on the stretch," added a resident.

Kiran said, "The situation calls for urgent intervention from the concerned authorities to address both the seepage and the lingering roadwork issues. The residents' safety and well-being should be prioritised to prevent potential accidents and health risks."

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Stinky stench

Kodihalli

The closure of the BBMP Waste Collection Centre on 2nd Cross Road has resulted in trucks parking at the road junction. Additional waste is being dumped, causing inconvenience, especially during the monsoon and resulting in an unbearable stench.

Trench trouble

Manyata Tech Park

Manyata Residency Road is experiencing the formation of deep trenches, creating an unpleasant experience every morning.

Cable concern

Nanjappa Road

Cables are left lying on the road near Vishnu Park Hotel, posing a risk to residents and school students.

Juicy and wonderful

Health benefits of juices

Fresh fruit juices can do much more than just provide temporary sustenance on the go. The juicing craze has been around for a while, with everyone, from celebrities to health buffs, propagating its benefits. Freshly squeezed fruits especially are not only delicious, but are also easy to digest and ideal for the modern eat-on-the-go lifestyle. Despite their many benefits, the jury is still out on whether fruit juices are really healthy. We speak to experts to bring you the low-down.

"Not all fruit juices have health benefits to offer, so you have to be choosy when picking the fruits. Also, focus on extracting only fresh juices without leaving out the pulp for maximum benefits," says Kejal Seth, nutritionist and founder of Nutrivity. in. Anything consumed in moderation can lead to health benefits. "Fruit juices help the body absorb nutrients better while giving the digestive system a break, due to their fibre content," adds Sunny Arora, nutrition expert and founder, Fitzup. It is always recommended to consume juices that are freshly made at home, and free of preservatives and artificial colours and flavours.

Fresh vs processed: which is better?

There has been a constant debate on whether bottled juices are better than fresh fruit juices. While the experts stand their ground on consuming fresh juices when it comes to opting a healthier approach, we weigh the pros and cons, the good and bad of both - fresh juices and canned bottles.

Fresh juice: Fresh juice provides enzymes and chlorophyll, which provide hydration, minerals and vitamins.
Bottled juice: Bottled juices lose their nutritional properties as most of the enzymes get depleted.

Fresh juice: It is organic and free of modified organisms.
Bottled juice: It is often pasteurised to increase the shelf life.

Fresh juice: It provides most of the essential nutrients of a healthy meal.
Bottled juice: It contains more chemicals than nutrients.

Fresh juice: It's cheaper and easy to prepare.
Bottled juice: It's expensive and the options are limited.

Fresh juice: It contains 100 percent fruit pulp.
Bottled juice: Canned juices contain fruit concentrates instead of whole fruits, with artificially added flavours and sugars.

Fresh juice: Since it has no shelf-life, fresh fruit juice must be consumed immediately.
Bottled juice: Pressed juices have a shelf-life of two-four boys.

Best juice combinations

Looking for the right combination or the right booster? Here, we list down the four powerhouse combination of fresh fruit juices that can do wonders to your health.

Antioxidant delight: Cranberry and pomegranate. Get the right dose of antioxidants with cranberry and pomegranate, both rich in antioxidants that provide the necessary nutrition to your body.

Health booster: Kiwi and apple
A quick healthy drink with kiwi and apple is enough to take you rolling through the day.

Nutrition rich: Apple and watermelon Packed with nutritions, apples and watermelon hits all the check boxes on the healthy lifestyle chart.

Vitamin blast: Orange and grapefruit Infused with vitamins in high amounts, oranges and grapes for the win all year long. —Femina

ADVERTORIAL

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Food & Beverage Wonderland : Indulge in a culinary journey at Once Upon A Rooftop, where a delightful array of dishes awaits your taste buds. From the zesty Rasam shots to the flavorful Andhra chili chicken, the succulent Amravati chicken, and the crispy Sabudana Vada, each bite promises a burst of exquisite flavors. Explore further with the unique Mirchi Bajji & Halasinakai (raw jackfruit) kabab, the traditional Mangalore Bajji, the hearty Kadle Kalu curry, the authentic Akki Rotti, and the zingy Lemon Chicken.

Quench your thirst in style with their impressive selection of beverages. Whether you're a fan of the rich Draught Beer or prefer the refreshing mocktails like Richmond Red, Oreo peanut buttershake, Cane Factor, and Kokum Cooler, the choices are diverse. Elevate your experience with handcrafted cocktails such as LIIT, Vodoo, Vanilla Sky, and Mango Royale, all enjoyed in the enchanting Rooftop setup offering breathtaking views of South Bengaluru.

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Hundreds of trees in line of fire, yet again

Public notices by BBMP raise concerns as trees face axe for infrastructure projects

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Trees felled for Metro work in Whitefield

According to multiple public notices issued by the Bruhat Bengaluru Mahanagara Palike (BBMP), hundreds of trees in the city are once again in the line of fire. Trees that may soon face the axe are for various projects, including the upgrading of existing sewage treatment plants and infrastructure projects such as the widening of roads and construction of new infrastructure.

The Bangalore Water Supply and Sewerage Board (BWSSB) had sought permission for the clearance of 100 trees located on the lake offshore area of Kempambudi Lake in Nayandahalli. The application has been filed citing the upgradation of the existing sewage treatment plant, increasing its capacity from one million litres to 10 million litres.

Similarly, permission to fell 242 trees at the Air Force Station in Jalahalli has been sought for the construction of new infrastructure. Additionally, the Border Security Force (BSF) has filed an application to remove 141 trees inside their campus in Yelahanka for the widening of roads and the safety of infrastructure buildings.

City-based activists argue that a detailed project report for every proposal should be made public before approving any such activity. Moreover, they emphasise that each project undertaken should have an Environmental Impact Assessment (EIA) conducted.

"Citizens of the city are the most important stakeholders. Sadly, they are the ones kept away from such decision-making through public consultations –a resident of Yelahanka

"The larger picture and impact of removing so many trees in the city that has very little green cover left should be studied by experts and discussed with all the stakeholders. Citizens of the city are the most important stakeholders. Sadly, they are the ones kept away from such decision-making through public consultations," said a resident of Yelahanka.

Tree activists and environmentalists emphasise that public objections hold the key to scrutinising such projects. However, they note that the number of objections raised by Bangaloreans in response to these notices has been very low. They suggest that while more citizens should come forward to file objections, the BBMP must explore other avenues to publicise the notices and garner a greater response.

However, citizen activists highlight a lack of transparency in the process of filing objections and action taken thereafter. They say the process of filing objections is a futile exercise in the absence of any transparency. Agencies are following an autocratic way of management.

"The High Court's order is not being followed in its true spirit. I have filed multiple objections in response to the public notices put up by BBMP. However, I never received an acknowledgement email in response. As per BBMP's memorandums, there have been cases of hundreds of public objections filed against some public notices. However, the trees have still been cut. The practice of inviting objections against projects that have the plan and design already approved is just a sham," said a citizen.

Why storm drains shouldn't be covered

CONTINUED FROM PAGE 1

drains that were covered with concrete slabs.

Some people have been using stretches of storm water drains in Bengaluru by covering the channels with concrete slabs.

For example, a stretch of the storm water drain, adjacent to former minister and politician PGR Sindhia's residence is covered with concrete slabs and is being used as a parking lot. The parking lot has a gate, indicating it is not for the public to use.

BBMP chief commissioner issued an order on September 9, 2022 directing the chief engineer of storm water drains division stating that covering of SWDs is prohibited by the National Green Tribunal.

"It does not require notices to be issued for removal of coverings on SWDs, and shall be removed immediately. However, if the limited covering is provided to access the house/apartment complex and is built with all the permissions from the authorities concerned, that access shall not be demolished," said the BBMP chief commissioner in the office order.

The chief commissioner stated in the order that the executive engineer of SWDs shall coordinate with the revenue department for identification and survey of encroachments — the jurisdictional executive engineer of the zone shall ensure removal of the encroachments.

"In case of non-compliance, strict action shall be initiated on the concerned," the BBMP chief commissioner said in the office order.

Based on the chief commissioner's office order, BBMP storm water drains division's executive engineer has identified the encroachment of the storm water drain at Delmia Circle near the flyover, near Wild Craft, close to Muneshwara Temple, near Kings Court, 5th Cross of Dollars Colony, near VIT College, and near Mobility India. The executive engineer wrote a letter on May 15, 2023 to the assistant executive engineer of JP Nagar sub division for initiating necessary action.

However, even after eight months of identification of encroachments, no effort has been made to clear the encroachment of storm water drains by private people.

JP Nagar Residents' Welfare Association president R Rajagopalan said the BBMP authorities have not taken measures to clear the encroachments on the storm water drain despite the direction from the BBMP chief commissioner.

"Why is there a delay in clearing encroachments? The BBMP authorities have to take measures to clear the encroachments of storm water drains," said Rajagopalan.

Demanding the BBMP authorities to clear the encroachments, Ravikala R, a resident, stressed encroaching storm water drains is against the norms.

"The authorities concerned must remove the concrete slabs along PGR Sindhia's residence. A family of three lost their lives at the same spot more than a decade ago," said Ravikala.

Nandini Mankale, a resident, felt that it would be wrong for people to cover a storm water drain with concrete slabs and convert the space into a parking lot.

When contacted, Rekha, executive engineer, at BBMP storm water drains division said that no one is authorised to use the storm water drain covered with concrete slabs for personal use.

Meanwhile, assistant executive engineer at the storm water drains wing said ward engineers have to take measures to remove the concrete slabs kept on the storm water drain.

BBMP urged to form squad to ensure hygiene standards

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Earlier, BBHA had also approached the BBMP to regulate street food businesses in the city

The Greater Hyderabad Municipal Corporation (GHMC) has formed a dedicated flying squad, comprising three food inspectors and assistant food inspectors, to conduct regular checks on eateries and ensure hygiene standards. This initiative comes in response to numerous complaints about unhygienic and contaminated food from various food and shawarma joints across the city. The team will be accompanied by personnel from the enforcement vigilance and disaster management (EVDM) wing. The enforcement drive is set to commence soon, with officials planning weekly checks covering all areas under GHMC.

In a similar vein, residents in Bengaluru are urging the Bruhat Bengaluru Mahanagara Palike (BBMP) to establish a comparable squad to address concerns about unsanitary food outlets serving unhygienic food.

Inara (name changed), a resident of BTM Layout, said that eateries and food joints spring up consistently in areas where the floating population resides. "BTM Layout is one such area which has turned into an attractive locality for students moving into the city for educational purposes or employees who work in the IT sector. This category often relies on eateries for their daily needs, making it very important for the BBMP to keep a check on such areas. More often than not, it is not clear if the restaurants have acquired the mandated license or other permits," she said.

Food Street, VV Puram

Another resident added that the municipal body must also focus on the functioning of cloud kitchens and the food being sent out from them. Food Safety and Standards Authority of India (FSSAI) mandates that all Food Business Operators (FOB), including cloud kitchens, must file registration that approves their safety standards. As per the rules, any business with an annual turnover of less than Rs 12 lakh must apply for an FSSAI registration. The rule is put in place to ensure that food is prepared and delivered in a safe environment. While food aggregator applications such as Swiggy and Zomato require stores to have the required permits from FSSAI prior to onboarding, there are many small businesses that function under the radar, requiring attention from authorities.

On the other hand, Azmath, a homemaker, said that enforcement and awareness must go hand in hand. "The BBMP must also create awareness of the practices that need to be followed by food businesses. Training programmes, similar to the ones held earlier for street vendors, where they are taught to comply with all the guidelines laid down by the FSSAI must be held prior to the enforcement visits. The businesses can also be offered with a certificate if they complete the training programme satisfactorily. Since it will add to their brand, businesses would not mind taking part in such initiatives," she said.

Earlier, the Bruhat Bengaluru Hotel Association (BBHA) had also approached the BBMP to regulate street food businesses in the city. In a letter to the BBMP commissioner, the association complained about unhygienic and unsafe practices.

In 1 day, 336 auto drivers in dock for refusing rides

Drivers say traffic dept more interested in collecting fines rather than educating violators

Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

Generally there is no good opinion about auto drivers among the public, especially the hapless commuters who depend on auto rickshaws to commute in the city. They report that it is very difficult to hire an auto rickshaw during peak hours. It is also tough to find an amiable auto rickshaw driver who is willing to go to your destination without much complaining or demanding excess fare.

The traffic police conducted a special drive on January 31 against auto rickshaw drivers who demanded excess fare or committed other violations. And shockingly, 336 auto rickshaw drivers were booked for denying rides to passengers and 357 drivers were booked for demanding excess fare, 299 drivers were booked for violating the No Entry norm, and 234 drivers were booked for other violations. The traffic police collected a penalty of Rs 6,35,200 from the auto rickshaw drivers for violating the traffic norms.

C Sampath, general secretary, Adarsha Auto and Cab Drivers Association, said that a lack of awareness and education are the main reasons for the violation of traffic rules by auto rickshaw drivers. "It is the responsibility of the Transport Department to create awareness among the auto rickshaw owners while issuing a licence or auto permit. The authorities have to explain to them why they are issuing the permit to them. Nowadays, the authorities are merely issuing the licence or permit," said Sampath.

Traffic police collected a penalty of Rs 6,35,200 from drivers on Jan 31

Demanding that the traffic police organise awareness programmes for auto rickshaw drivers, Sampath said the traffic police used to encourage and support auto rickshaw drivers to attend such programmes. "The traffic police used to pay some amount as an allowance for the drivers who attend the awareness programmes. Nowadays, they have stopped organising such programmes," he said.

Some of the auto rickshaw drivers also expressed concern about exploitation by traffic police on one pretext or another. "We are struggling a lot to earn money to look after our families due to stiff competition from corporate entities. It gets really difficult for us to pay the penalty imposed by the traffic police," said an autorickshaw driver on the condition of anonymity.

> **"The traffic police should explain to auto drivers about traffic rules and the need to oblige and help passengers to reach their destinations**
>
> –Rudramurthy, auto drivers group

Stating that penalising auto drivers is not a solution, Autorickshaw Drivers' Association general secretary Rudramurthy said that traffic police are booking cases against drivers instead of making them passenger-friendly. "The traffic police should explain to auto rickshaw drivers about traffic rules and the need to oblige and help passengers to reach their destinations. The traffic police are interested in registering cases against drivers instead. The need of the hour is to reform drivers who are rude with passengers and those who deny rides," said Rudramurthy.

Sahaaya tip: Escalate if not resolved

The Bruhat Bengaluru Mahanagara Palike (BBMP) has introduced a new feature on the Sahaaya 2.0 application, allowing citizens to escalate an unresolved issue twice. The move has received much appreciation as it has been a consistent demand from resident welfare associations (RWAs) and other groups.

The feature has been introduced as many residents had begun to complain that the issues raised on the application were being closed without being looked into adequately.

BBMP special commissioner Munish Moudgil said that the staff have been instructed to reopen complaints after receiving feedback from the complainant. The reopened complaints will be resolved by engineers responsible or be escalated to higher ups in the same department. The Sahaaya application on average receives close to 300 complaints on a daily basis.

Citizens Agenda for Bengaluru, in December 2023, had written to the special commissioner regarding the shortcomings of the application and the improvements it requires. It had highlighted that the application lack a feature to enable escalation of unresolved complaints. The group had noted that no detailed reasons are provided when a complaint is closed, neither any proof of resolution is posted when closing a complaint. **-BMB**

BM Shoppers' Avenue

Advertorial Promotional Feature

Use Indian handicrafts to decorate your home

Decorate your home with Indian handicrafts and boast the beautiful, interesting and intricate handicrafts which are made by rural artisans of the country. Add jute, brass and clay handicrafts to your home, says an expert. Cheenu Gupta, Co-founder of Divinehaat.com, an e-commerce portal of handicraft goods, has shared some ideas:

- Brass handicrafts: Brass provides a durable and sturdy decor option. There are so many brass handicrafts and show pieces like vases, table tops, wall art, lamps, ornament boxes, plates, bowls and figurines.

True brass tends to oxidize quickly when exposed to air and hence check that the brass product you are buying has been given a clear coating of lacquer.

Any brass product will have to be regularly polished to keep the shine intact and remove any tarnishing.

- Jute handicrafts: Give a wow factor to your drawing room with one of the most affordable natural fibers Jute. There is a huge range of jute products which includes bags, rugs, lamps, tables, office stationery, curtains wall-hangings and many more.

Jute products are eco friendly and offer a natural, green way to decorate the house.

- Clay handicrafts: Clay pottery is supposed to be one of the most ancient forms of handicrafts in India.

You can choose from lovely terracotta planters or clay serving utensils to beautiful vases to decorate the house. Not only these products look beautiful but food cooked in the pottery is considered good for health.

There are multiple types of clay pottery - terracotta, red, black and grey pottery.

- Wooden handicrafts: Decorate your house with wooden furniture, toys, utensils, decorative pieces, jewellery and many more designer household goods like lamp shades, candle stands, vermillion boxes, jewellery boxes, bangle holders.

Carved wood furniture is a treasured furniture item in a lot of homes.

- Dhokra handicrafts: Dhokra is one of the oldest forms of handicrafts. Dhokra candle stands, pen stands, ash trays, horses, elephants, peacocks, owls, religious images, measuring bowls and other show pieces give an extra edge to the corner of your house.

Dhokra cast metal and ironware has a rugged vibrancy about it. It looks beautiful in any corner of your home.

- Marble handicrafts: To enhance the beauty of your house decorate it with marble decorative vase, marble elephants for the drawing room, pooja thali, idols of god for the spiritual room.
- Art and metal ware handicrafts: Wall art designing for living room is a new trend. One can choose from varieties of designs to go in sync with your living room.

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11% increase in infra spend, measures for agri sector

Finance Minister says she shunned populist measures, stayed on path of cutting deficit

Finance Minister Nirmala Sitharaman on Thursday announced a Rs 11.11 lakh crore spending on infrastructure and vowed to continue reforms as she resisted resorting to populist measures in Modi government's last Budget before general elections, instead choosing to stay on the path of cutting deficit while bolstering measures for focus groups. Her interim budget for fiscal year beginning April 2024 followed the convention to remain a vote on account with no major policy announcement and no changes in income tax rates for individuals and corporates, as well as import duty, but offered amnesty for disputed income tax demands of the period prior to 2014-15 as a relief to small taxpayers.

In her close to an hour-long Budget speech in the Lok Sabha, she listed her government's achievements across sectors in the last 10 years and announced measures to boost tourism, housing and renewable energy. There is a renewed focus on agriculture/rural economy to course correct to some extent the skewed outcome of the ongoing economic growth even though there was no increase in the amount transferred to farmers under the PM Kisan scheme.

Giving a sneak preview of what will be the Modi government's priority in the third term, if re-elected, she said economic policies that foster and sustain growth, facilitate inclusive development and contribute to generation of resources to power investments will be adopted towards making India a developed country by 2047. "The next five years will be years of unprecedented development and golden moments to realise the dream of developed India by 2047," she said. "Guided by the principle 'reform, perform, and transform', the government will take up next generation reforms, and build consensus with the states and stakeholders for effective implementation," Sitharaman said.

A man watches television news on the interim budget at an electronic shop in Mumbai, on Thursday

> **"The next 5 years will be years of unprecedented development and golden moments to realise the dream of developed India by 2047** – Nirmala Sitharaman

The interim Budget seeks Parliament's authorisation for spending for four months and the full Budget for the fiscal year starting April will be presented in July by the government elected in April-May general elections. Sitharaman's Budget proposes to cut food, fertiliser and fuel subsidies by 8 per cent in 2024-25 over last year while keeping the allocation for rural employment scheme MGNREGA unchanged. She announced construction of 2 crore more affordable houses and a scheme for housing for the middle class, formulation of a comprehensive programme for supporting dairy farmers, enhancing aquaculture productivity to 5 tonnes per hectare from existing 3 tonnes per hectare, and formulation of a strategy to achieve self-sufficiency in oil seeds production.

"We have largely kept vote on account as vote on account but also showed how the economy will be moving forward and who are we going to aim at in July when we come back to present, who are the sections who will be addressed, what are the kind of investments that we will make," Sitharaman said at a post Budget press conference.

"There are announcements, there is Disha Nirdeshak Batein (guiding principles), so we have used the vote on account and interim Budget to the extent we could," she noted. Spending on infrastructure such as roads, ports and airports has been raised by 11 per cent to Rs 11.1 lakh crore in a bid to sustain the current world-record beating economic growth and create more jobs. The Union government will also provide Rs 1.3 lakh crore long term loans to states to spend on infrastructure.

A comprehensive programme for the development of dairy farmers is being planned as also an increase in spending on fisheries to boost productivity of the sector. On tax measures, the minister announced that investments by sovereign wealth funds and pension funds will be tax-free for one more year. **– PTI**

Karnataka Chambers of Commerce welcomes Budget

The Federation of Karnataka Chambers of Commerce and Industry (FKCCI) welcomes the Interim Budget which is focussed on to make India a developed country.

Congratulating the Central Government for not resorting to a populous Budget but focusing on impacting visible all-round development, FKCCI president Ramesh Chandra Lahoti said that he is happy to note the policies are being made to boost productivity infrastructure and the focus is more on governance, development and performance.

Lahoti said the budget is expected to meet the growth parameters as the fiscal deficit has been reduced from 6.5 per cent to 5.8 per cent of GDP for the financial year 2024 and the overall growth in the economy is above 7 per cent for the 3rd time in a row.

"We welcome the Budget which is focused on the four priority sectors of women, youth, farmers and the poor which is aimed at quality growth rather than quantity. We welcome that no taxes have been levied and the relief given to the disputes of tax payers for the years 1962 to 2009-10 for amounts less than Rs. 25,000 will be scrapped and also for the relief for the disputes for the years 2011 to 2014-15 for amounts less than Rs.10,000 will be waived," Lahoti said.

He said that he welcomes the focus given for connectivity, infrastructure, and railway corridor. "The proposed Middle East Corridor to Europe is a Welcome step which will boost economic growth," he said.

He said the FKCCI welcomes the focus given for the promotion of tourism with the increased rail and road connectivity to enable the people to spend in our own country whether for marriages or vacations.

– Y Maheshwara Reddy

EV sector may have to wait longer for FAME subsidy

The firms operating in the electric vehicle sector that had hoped for an extension of the FAME subsidy will have to wait probably for the full budget post Lok Saha polls as Thursday's interim budget had no mention of it.

The Centre's Faster Adoption and Manufacturing of Electric Vehicles (FAME) scheme was aimed at encouraging faster EV adoption. FAME II is set to expire in March this year, and as of now, EV makers have no idea as to whether it will be continued in any form, Vivekananda HR, CEO of electric two-wheeler maker Bounce, told ET.

While the government's announcement of rooftop solarization and energy scheme did come with an expectation that the extra electricity could be used in vehicle charging, he said it was unlikely to have a deep impact on the sector. "The key concern with light electric vehicle charging still remains ample parking space and safe charging points in residential buildings," he added.

Combining solarization with EV charging seems to be a way of employment generation rather than bringing any actual benefits to the EV sector, Amitabh Saran, CEO of electric three-wheeler maker Altigreen told ET. "Without an extension of the FAME

scheme, the only silver lining I can see here for the EV sector is the emphasis on wider adoption of electric public transport and the initiative to broaden the charging infrastructure. Even that could have had more details and clarity," he said.

Finance Minister Nirmala Sitharaman said in the Budget speech that the government would expand and strengthen the e-vehicle ecosystem by supporting manufacturing and charging infrastructure. "Greater adoption of e-buses for public transport networks will be encouraged through payment security mechanisms." A general consensus among EV and battery makers was that while the government's commitment towards promoting eco-friendly and energy-efficient modes of commuting was encouraging, clarity on subsidies, taxation and details of new schemes for charging infrastructure would have helped.

Battery swapping startup Exter founder Preetham Hegde said the sector was encountering numerous challenges on the ground that required government attention. "Battery swapping will play a key role in driving the adoption of electric two-wheelers. Tax reductions for battery swapping services and mandating electric vehicles with battery swapping for quick commerce delivery would have significantly reduced tailpipe emissions in the delivery segment," he told ET.

Varun Goenka, Co-Founder of battery swapping startup Chargeup, said the company was anticipating a more holistic strategy that considers the diverse needs of the entire EV ecosystem. "We urge a closer examination of challenges such as high GST rates and the lack of affordable financing for critical EV infrastructure, including Battery-as-a-Service facilities and charging stations," he said. **– Mrunmayee Kulkarni, ET Online**

CM calls budget 'most disappointing'

Calling the interim budget 2024 as "most disappointing", Karnataka Chief Minister Siddaramaiah on Thursday said there are things that are not disclosed in the budget, and the economic situation of the country has not been revealed clearly.

The CM, who has presented a record 14 budgets in Karnataka Assembly, also said, the interim union budget presented today by Union Minister Nirmala Sitharaman is not for the developed India, but it is "disastrous" for the country.

"This is an interim budget and it is an election budget. This is the most disappointing budget... new projects and programmes have not been mentioned in this budget. Karnataka is not getting any new projects in the next financial year 2024-25," Siddaramaiah said.

Speaking to reporters here, he said, "the new budget's size is Rs 47,65,768 crore, while this financial year's (2023-24) budget size was Rs 45,03,097 crores. Only Rs 2,62,671 crore has been added, so the budget size for next year has been increased by 5.8 per cent compared to this year." He also described the budget as 'anti-poor, anti-farmer, and anti-people.'

This budget has not addressed real problems of the people, particularly price rise, unemployment, problems faced by farmers and issues of the poor, Siddaramaiah claimed. There is more that is not disclosed to the people in this budget, he added. **– PTI**

BangaloreMirror & ವಿಜಯ ಕರ್ನಾಟಕ
Health Excellence Awards
Friday, February 2, 2024

An ode to honour the healthcare heroes

30 Doctors Felicitated with Special Excellence Awards

5 Doctors Honoured with Lifetime Achievement Awards

An inspiration for many health professionals

Vijay Karnataka is a prestigious paper with 25 years of hard work and excellence and is the number one among the regional papers. It has always strived to address societal issues and positive efforts from the government. This award ceremony will be an inspiration for many health professionals. As a doctor, I am aware of the daily life of a doctor. Society places them in an important position. Of late, the health sector has been leaning towards a commercial angle but it should always be with a service mentality. We give the same respect to doctors, as we give to our gods.

▪ **Dr. Sharan Prakash Patil**
Minister
Medical Education and
Skill Development

It was an evening to cherish for a long time as distinguished doctors and healthcare professionals were honoured with the inaugural Health Excellence Awards by Bangalore Mirror and Vijay Karnataka.

Applauding and honouring the genuine stars- our dedicated health professionals took centre stage at the Health Excellence Awards event.

The event, graced by the presence of Karnataka's Minister for Medical Education and Skill Development, Dr. Sharan Prakash Patil, actress Sapthami Gowda, CEO of Bangalore Mirror and Vijay Karnataka, Deepak Saluja, and the Editor of Vijay Karnataka, Sudarshan Channangihalli, unfolded with grandeur.

Five doctors with their outstanding contributions to healthcare were presented with the Lifetime Achievement awards while thirty doctors across various domains were honoured with the Special Excellence awards .

Dr. Manjunath CN, the visionary Director of Sri Jayadeva Institute of Cardiovascular Sciences and Research; Dr. H Sudarshan Ballal, Chairman of Manipal Hospitals; Dr. Sharan Shivaraj Patil, Chairman of Sparsh Super Speciality Hospital; Homeopathy Specialist, Nadoja Dr. BT Rudresh and renowned gynecologist, Dr. Padmini Prasad were honoured with the Lifetime Achievement award.

It was an evening of recognition, appreciation, and an acknowledgment of the real superheroes in the realm of health and wellness. This event not only celebrated the brilliance of these medical maestros but also underscored the vital role they play in our lives.

I want to thank the doctors for choosing this godly profession. I have chosen a career which is easier for me. My father wanted me to be a doctor. As artists, we are just characters in front of the camera but doctors play a vital role throughout. Thank you to BM and VK for organising this award ceremony.

▪ **Sapthami Gowda**
Cine Artiste

We have a loyal base of readers who read news that is relevant to them. We constantly endeavour to find out what content we can bring to the readers. Through this award ceremony, we hope to curate the exemplary work of doctors. I must salute the doctors for their devotion to India. Who can forget the Covid heroes who strived to face the pandemic head-on? The doctor community needs to be applauded and appreciated. We cannot rank these doctors we can only recognise their work with the VK-BM roll of honour.

▪ **Deepak Saluja**
CEO, Bangalore Mirror & Vijay Karnataka

We have been striving tirelessly to provide information to readers about the health sector. We work constantly to provide information to our readers about the health sector. During the Covid period, we worked tirelessly to provide information to the readers.

▪ **Sudarshan Channangihalli**
Editor, Vijay Karnataka

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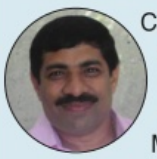
CONSUMER CONNECT INITIATIVE

Sharanya Farms
Famous for Farmlands

A favourite of property investors and buyers, Sharanya Farms is known for its unique concept of reaping big profits by investing on a small piece of land. Sharanya Farms, which has already developed Sharanya Weekend Village on Shravanabelagola-K.R. Pet Road and Hill View Farms and Sandal Valley Farmlands on Mysuru Malavalli Road, have contributed significantly to the real estate growth in the area.



Customers coming to the vicinity of Mysuru-Malavalli Road feel that they should invest in our SandalValley farmlands because there are so many profitable farmlands here.

▪ Rajesh V. M
Owner, Sharanya Farms

Due to this, property investors in Bengaluru and Mysuru are now more interested in investing in Sandal Valley farmlands in Mysuru - Malavalli.

The scheme is aimed at little investment in farmlands where sandalwood plants are grown and paving the way for huge profits in the future.

This scheme, which will yield good profit in the future, will not only bring back the investment people put in but also give them maximum returns.

This is the speciality of SandalValley Farmland," says Rajesh V M, owner of Sharanya Farms.

Lifetime Achievement Awardees

"In any field of health empathy and sympathy are important. Artificial Intelligence is coming into the field but doctors must focus on talk, touch and treatment. Doctors must also focus on patient-centric treatment. We are seeing a rise in lifestyle diseases and the latest of the lot is screen addiction. Living in a big city in itself is a health hazard and the air pollution could lead to lung diseases. It's the new tobacco and can be a risk factor for heart attack. Lastly, treatment of the disease should not be more harmful than the disease itself."

▪ Dr. Manjunath C.N.
Director of Sri Jayadeva Institute of Cardiovascular Sciences and Research

"This has re-injected our enthusiasm towards our field, A doctor's profession is noble and the nobility of the profession should not get tarnished. Prevention is the best practice and people should avoid sugar, smoking, excessive salt, stress, and sadness"

▪ Dr. Sudarshan Ballal
Chairman of Manipal Hospitals

"It's a great honour to be felicitated by Dr Sharan Patil and thanks to BM and VK for organising this award ceremony. We have always worked with the government and we will never be able to serve the community without the reach of the government. With new technology we can provide the expertise and the same quality of medicine through all doctors."

▪ Dr. Sharan Shivaraj Patil
Chairman of Sparsh Super Speciality Hospital

"Thanks to BM and VK for this award. I see at least 120-150 patients daily and get to see many people. I just want to say that health is wealth. People look at doctors like they are gods"

▪ Nadoja Dr. B. T. Rudresh
Homeopathy Specialist

"I am honoured to be selected and to share this award with stalwarts of the industry. Print media has played a vital role in addressing the taboo topics around sexual wellness and breaking the myths around it. Print media has been playing the role of conveying the information to the public. The issue is not even taught in medical colleges."

Dr. Padmini Prasad
Renowned Gynaecologist

There is a tendency among the youngsters to move away from medicine and take up other professions which may look more lucrative. This tendency needs to be reversed. With technology taking the centre stage, there is a need to develop tools to make surgery more simple and affordable to people.

Dr. Sampath Chandra Prasad Rao
Consultant Otolaryngology Head & Neck Surgeon specialized in Skull Base Surgeries & Hearing Implantology.

Dr. Sampath Chandra Prasad Rao
An expert in critical skull base surgery

Dr. Sampath Chandra Prasad Rao is a Consultant Surgeon, Head & Neck at the Manipal Hospital who specialises in Skull Base Surgeries & Hearing Implantology.

After completing his Masters at Kasturba Medical College in Mangalore (Manipal University) where he was adjudged the best outgoing student, he completed his 2-year fellowship course in Skull Base Surgeries, Hearing Implantology and Advanced Otology at the Skull Base unit of Casa Di Cura Piacenza (Italy) & was awarded Fellowship of the European Academy of Neurotology (EAONO). He continued to work in Italy with Mario Sanna, Jacques Magnan and Paolo Castelnuovo for some more years accumulating vast experience in Skull Base Surgery.

He has pioneered many new concepts in skull base surgery in India. He is the Founder of World Skull Base, an international organization and an NGO which offers Fellowship Diplomas in Skull Base Surgery.

He has also established the Bangalore Skull Base Institute (BSBI) & Bangalore ENT Institute & Research Center (BEIRC) with 9 centers in 3 cities in Karnataka.

As a peer reviewer he has reviewed over 100 scientific publications, written chapters in various textbooks & one text book on Cochlear & other Auditory Implants by Thieme International.

Currently he has partnered with a Dutch based company and has developed a completely automated Robot for carrying our Skull Base surgery.

Awards and Recognition

Dr. Rao was awarded with an honorary Fellow of the American College of Surgeons (FACS) in 2019, and a visiting Professorship to the Shanghai Jiao Tong University, one of Asia's largest Universities. He is an invited faculty at the World Federation of Skull Base Societies and European Skull Base Congresses.

He was also honored with the Dr. GS Grewal Oration at the 71st Annual Congress of the Association of Otolaryngologists of India AOICON in 2018, the Prof. Allaudin Memorial Oration at the 17th National Conference of ORLHNS 2019 of the Society of Otolaryngologists & Head Neck Surgeons of Bangladesh, the Karnataka ENT Oration at the 37th Karnataka State ENT Conference AOIKCON 2019 and the Prof. SR Singh Oration at the UP State ENT Conference 37th UPAOICON 2019.

He has been invited to the Skull Base Courses organised by the World Federation of Neurosurgical Societies (WFNS). He has over 10 Orations to his credit and has been an invited speaker in over 200 national and international events all over the world. Dr Rao has over 150 peer reviewed publications, 40 chapters in text books and 2 text books to his credit.

Family of doctors

Born to a family of doctors, his father Kishore Chandra Prasad Rao is a well ENT surgeon while his sister a Dentist, it was natural for him to take up medicine.

He got distinction in MS (Otolaryngology) from the Manipal University and won the Borekatte Laxmi Devi Memorial Award for the best outgoing Otorhinolaryngology student in 2006. He is the Fellow of the European Board of Examinations and the European Academy of Otology & Neurotology. He and his wife, a radiologist along with their family, shifted back to Bengaluru after spending eight years in various centers in Europe.

CONSUMER CONNECT INITIATIVE

Prof. Dr. A. V. Srinivasan - A visionary in Marma Chikitsa

I have a word of advice to the government which is to bring more quality education providers to the system as it will help bring about a qualitative change in medical diagnosis and treatment of diseases.

Prof. Dr. A. V. Srinivasan
Founder, Chairman
Sri Paripoorna Sanatana Ayurveda Medical college, Hospital & Research Center

Professor Dr. A. V. Srinivasan is a versatile individual committed wholeheartedly to societal service through charitable endeavours. He is interested in ancient wisdom, meditation, yoga, nature conservation, community building, renewable energy and sustainable living, among other pursuits. Actively promotes integrated healthcare, rehabilitation, education, employment opportunities and the revival of ancient healing systems. He holds the position of a distinguished Professor of Integrated Medicine with honorary doctorates in Marma Chikitsa. Furthermore, he holds multiple degrees in Finance and Commerce, boasting extensive experience in Management, Law and Auditing.

Social Service

His involvement in social service extends to village development activities, such as installing streetlights, establishing RO water plants, constructing overhead water tanks, widening village roads and organising medical camps.

Publications

- Brahma Padam
- Marga Darshsnam
- Prema Amrutham
- Parimala Sudha
- Vedanta Sara

Medical Books

- Marma Chikitsa (Introduction to Varmalogy Ancient System of Medicine)
- Marma Chikitsa (Based on Conventional Systems of Medicine)

An expert in Marma Chikitsa

An expert in Marma Chikitsa, a vital aspect of Ayurveda for maintaining health through the cleansing of blocked energy, Dr Srinivasan earned a Diploma in Ayurveda, Diploma in Holistic Health Care, Masters Diploma in Varmakalai & Thokkanam and PhD (HON) in Varmalogy (Marma) from the Central Christian University, Malawi. Varmalogy systematically studies the nervous system and anatomical-based vital points (varmams) in the human.

Sri Paripoorna Sanatana Ayurveda Medical college, Hospital & Research Center

Dr. A. V. Srinivasan initiated the Sri Paripoorna Sanathana Charitable Trust, overseeing a hospital and research centre at Arjunabettahalli. The affiliated Ayurveda Medical College, under the Rajiv Gandhi University of Health Sciences, provides an Undergraduate Program in Ayurveda, Medicine and Surgery. The 60-bed hospital delivers exceptional medical services to the residents of Arjunabettahalli and the surrounding villages in rural Bangalore.

Early life and academic excellence

Hailing from Delhi, Dr. Srinivasan, son of late Shri. A. Venkatraman, a distinguished Supreme Court Advocate, authorised 45 volumes on Supreme Court Service Rulings. Prof. Dr. Srinivasan graduated from Delhi University. Subsequently, he post-graduated from Annamalai University and earned a PG Diploma in Financial Management from Bhartiya Vidya Bhavan. A transformative brain stroke redirected Prof Dr Srinivasan towards spirituality, inspiring him to write books on Advaita, Vishishtaadvaita and Dvaita.

Awards & Achievements

An Recognitions and accolades include the Ambassador Peace Award by the Universal Peace Foundation (2021), the Government of Karnataka conferred "Appreciation Certificate for Social Service during COVID (2021)", the Times Business Award for Service Excellence in Health & Education (2021), Mother Teresa National Award for selfless service to society (2019), International Council for Development Research, Mysore University (2019), Rotary Vocational Excellence Award (2019) and many more.

DR. Suriraju V. - A ray of hope for kidney patients

My sincere advice to people is to take proper care of health. One should not forget that Health is Wealth. To keep fit and be healthy should be of prime importance.

DR. Suriraju V.
MD and CEO, Regal Hospital

Awards & Achievements

- Golden Books award for the book "Kidney Secrets Revealed"
- Most Trusted Doctor Award

Dr. Suriraju V. is a well-known Urologist with wide exposure in the field of Urology. He is widely regarded as a professional leader in his field and has dedicated his life to freeing people from kidney diseases and disorders. He has to his credit more than 10,000 surgeries related to Kidney stones, Kidney transplants, Urological Cancer, Prostate and Male Fertility over a span of 15 years.

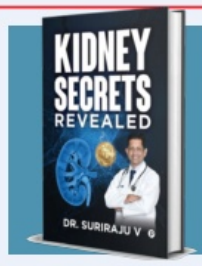
He is also actively involved in creating awareness about kidney health among the general public. Kidney ailments if neglected for a long time will lead to death and it is best to get treated at the initial stage. Not just those suffering from chronic kidney problems, but also their families suffer a lot, he says. Since renal failure leads to complications like dialysis, transplantation etc., which many people can't afford, having a healthy life style is important, he adds. He is proud of the fact that he was guided by Dr. H.S. Bhat who is considered to be the pioneer in bringing Urology to the forefront in India. His aim is to take advanced care patterns for kidney related diseases to the peripheral areas around Bangalore and has been doing it with utmost sincerity. He and his team do surgeries at the Siddhartha Medical College at Nelamangala. Apart from that he does free urology surgeries at the Madhusudan Sai Medical College at Muddenahalli every Friday. He has also served as president IMA Yelahanka and presently playing key role in IMA towards betterment of the community.

Regal Hospital

Regal Hospital located on Thanisandra-Yelahanka Road next to Bhartiya City in Bangalore, is a state-of-the-art kidney care facility with a wide range of specialities catering to various aspects of Urology and also ensuring quality medical care. It specialises in kidney stones, BPH , prostate cancer, dialysis, renal transplant, ICU, nephrology, multi-speciality and emergency care.

Family and Education

Hailing from a agricultural family from Belalagere in Davanagere district, Dr, Suriraju completed his MBBS and MS from JJM Medical College, Davanagere and did Super-speciality (Urology) from Sri Sathya Sai Super Speciality Hospital in Puttaparthi. He has worked in several hospitals like institute of nephrology, Colombia Asia Hospital, Kidwai Cancer Hospital, MS Ramaiah Hospital and peripheral hospital in and around Bangalore. He is married to Indraja who looks after the administration of the Regal Hospital. The couple has a son, who is doing MBBS and a daughter who is studying in higher secondary grade.



Dr. Suriraju's book 'Kidney Secrets Revealed' provides straight-forward answers to kidney problems.

Tips for a healthy Kidney

- Control BP and Diabetes with proper medication
- Avoid unnecessary medication
- Maintain a healthy lifestyle
- Do not neglect Kidney related symptoms
- Undergo health check-up in regular intervals
- Quit smoking, Cut down excessive artificial protein powder intake without doctors advice

Dr. Sambashiva - Making healthcare affordable to people

Though the healthcare industry is fast expanding there is a need for more patient-centric services in hospitals. At the same time people also should also be more aware of the various aspects of healthcare.

Dr. Sambashiva A.C.
MD & CEO
Sri Lakshmi Hospitals

With an aim to give quality health care services at affordable prices Dr. Sambashiva A.C. started the Sri Lakshmi Hospital chain which has grown into a big health care provider with four branches in Bangalore. At a time when the healthcare industry is expanding, Sri Lakshmi Hospitals stands tall for its innovation and utilisation of modern technology without compromising on its core values. It was the vision and leadership of Dr. Sambashiva which has resulted in a 15 bed hospital blossoming into a chain of super speciality hospitals spanning across K.R. Pura, Kaggadasapura and Koramangala. "The main aim behind this expansion is to make available all the modern treatment protocols to people without draining them out financially", he says.

Family and Education

Hailing from Amblical in Mulbagal taluk in Kolar district, Dr.Sambashiva was the last of 5 children born to A M Chinnaiah and Subbalakshmamma. He completed MBBS and started a PHC in Byrakur. After some time he shifted to Bangalore and started Sri Lakshmi Hospital mainly catering to patients with kidney problems. He is married to Smt Jayamala and the couple has a daughter.

Cashless Facility

The main feature of this hospital is its acceptance of a host of medical insurance cards. People with ESI card, BBMP health card, BPL card, National Insurance, Ayushman Bharat and many other government & commercial health insurance cards can benefit here. People can avail super speciality & multi-speciality treatment at affordable prices at the Sri Lakshmi hospital.

Use of AI and Robotics

Sri Lakshmi Hospitals are counted among the foremost to adopt robotic surgery and use of Artificial Intelligence in evaluation and treatment of patients. The hi-tech laser and robotic surgery centre is catering to cases pertaining to urology at Koramangala. The hospital boasts of having SSI Mantra which is the first robotic machine to be used in entire Karnataka. "We will commence robotic cardiac surgeries within the next 6 months", he says. Right now People can get advanced treatment for cardiac care at the Sri Lakshmi hospital situated in KR Pura and Koramangala.

Kangaroo care

The hospital chain also includes a mother and child care centre where the Kangaroo Care system is adopted. The WHO verified system envisages a method of care of preterm infants. It is a method to promote the health and well-being of infants born preterm as well as full-term. It promotes normal delivery and takes care of high risk pregnancies. The skin to skin care regulates baby heartbeat, reduces risk of infections, increases oxygen levels and maintains body temperature.

Awarded Times Best Nephro Urology Laser Center 2022

Sri Lakshmi Hospitals

Sri Lakshmi Hospitals started in 2006 with a vision of providing comprehensive, quality, safe and compassionate health care services to every patient. Today Sri Lakshmi Hospital is one of the largest and leading private hospitals offering Sophisticated Diagnostic and Therapeutic Care in virtually every specialty of Medicine and Surgery.
It is also one of the pioneers in Bangalore to use Holmium laser for Kidney stone and prostate with a very high rate of success.

Times Business Award 2019, Sri Lakshmi Hospitals team.

Dr. Rajashekar Y.L.

25 years of affordable & quality eye care

Dr. Rajashekar Y.L., is a renowned Ophthalmic Surgeon who is also one of the top ranking postgraduate (MD) of the prestigious All India Institute of Medical Sciences in New Delhi.

He is the founder chairman of the Shekar Eye Hospital which is well known for quality eye care in Bangalore. Under the able guidance of Dr. Rajashekar, the doctors at the hospital have treated more than 4 lakh patients and have performed more than 50,000 surgeries. An active member of All India Ophthalmology Society, he was also the president of the Karnataka Ophthalmology Society and Bangalore Ophthalmic society.

Family background

Dr. Rajashekar hails from Yegavakote, a small village in Chintamani taluk of Chikkaballapur district. He is the son of Late Sri. Vasudeva Murthy, a primary school teacher and Smt Girijamma.

He completed his early medical education in Bangalore Medical College and research Institute. Further completed post graduation from esteemed All India Institute of medical science, New Delhi. Though there were innumerable offers from abroad, he decided to stay back and later started the Shekar Eye Hospital with an aim to provide quality care at affordable costs using modern technology. His wife, Dr. Kirtana, is a psychiatrist and the couple has two children, both of whom are studying medicine.

Awards and Recognition

- Aryabhata Award in 2005 for rendering yeomen service in the medical field
- Kempegowda Award
- Karnataka Vibhushan Award
- Kautilya Global Indian Award by Chanakya Foundation.

People should take proper care of their health and give utmost importance to it. He warns people of the dangers of Glaucoma which occurs due to various reasons and not showing any symptoms. He also wants society and the government to encourage those who strive hard to provide quality healthcare.

Dr. Rajashekar Y.L.
Founder & Medical Director
Shekar Eye Hospital

Shekar Eye Hospital

The hospital provides general eye care as well as expert services across a whole range of conditions from common eye problems to rare sight-threatening diseases. The Hospital enables patients from all sections of society to benefit from the contemporary knowledge and skills in ophthalmic care. The hospital was started with a mission to offer world-class eye care services with an emphasis on quality and today stands tall in its endeavour. In its 25 years of existence the hospital has taken big strides and is counted as one amongst the best in eye care not just in Bangalore but even at national and international level.

Shekar Eye Hospital has given the gift of sight to more than 4 lakh patients. It employs high-end technology like, MICS, 3D Sony Camera for high precision surgeries. Experienced ophthalmologists from AIIMS, Sankara, Aravind, JJ Hospital render theri services here. It provides consultations, surgery, laboratory, pharmacy services under one roof. Cashless surgeries through TPA, insurance companies, corporates like ISRO, NAL, BWSSB, BHEL, RBI, Mecon & CGHS, state govt. etc. are also accepted here.

Eye care tips

- Lead a healthy lifestyle
- Control your BP and Sugar levels
- Undergo eye check-up regularly at least once in two years
- Avoid spending too much time looking at monitors

CONSUMER CONNECT INITIATIVE

Dr. S. Vidyadhara - Helping to keep your spine fine

The best investment in life is to invest in one's own health. People must care for their health and do everything possible to be physically fit. In the present world so full of stress, one should not forget to stretch themselves physically to stay clear of diseases.

Dr. S. Vidyadhara
Chairman and HOD
Robotic Spine Surgery
Manipal Hospitals

Dr. S. Vidyadhara is the Chairman and HOD for Spine Surgery and Consultant for Robotic Spine Surgery at Manipal Hospitals, Bangalore. He is also the founder of the spinal surgery subspecialty department at the Manipal Hospital. He has many accomplishments to his credit, notably being the first Indian to have held the position of Chairman of the Scoliosis Research Society, USA's Communication Committee (2017–2020). In addition, he was the first Indian to receive the prestigious Scoliosis Research Society Traveling Fellowship in 2012.

Dr. Vidyadhara is considered a prominent spine surgeon in the country and was instrumental in opening a separate spinal care centre in the Manipal hospital. He has practiced as consultant spinal surgeon for over 20 years and has gained enormous experience in dealing with most complex cases.

He is the fifth Indian Spine Surgeon and first & only one from Karnataka state to have been awarded the membership of Scoliosis Research Society of USA as well as the prestigious SRS Traveling Fellowship. He has performed over 13 thousand spinal surgeries so far.

Early life and Academic excellence

The only son of school teachers, Srinivas and Susheela Nayak, he has treaded a long path to be where he is today. Born in Panjadka, Bhairanje post, in Udupi district, he began his schooling in Kannada medium and later went on to ace MBBS. He was brilliant in academics and came out a topper in every curve.

He completed MS and DNB at KMC Manipal in 2002, both winning Gold Medals. He then pursued his career in spine surgery by completing a 2-year structured fellowship of the National Board of Examinations, New Delhi (FNB-Spine Surgery) at Ganga Hospital, Coimbatore

He had a very successful academic career winning more than 30 medals and awards at national and international levels.

He has also authored more than 35 international publications in indexed journals with over 1200 citations.

He is married to Dr Alia Vidyadhara, HOD of Spinal Anesthesia at the Manipal Hospital. The couple has a son, Saketh Vidyadhara who is studying in PUC.

Awards & Achievements

- International Society for Study of Lumbar Spine (ISSLS) Best Research Award 2010
- Most Promising Spine Research Award Hong Kong Orthopaedic Association, 2009
- I Scoliosis Research Spine Society Educational Scholarship, 2008
- I Dr R L Mittal IOA Fellowship, 2008
- I Lester Lowe SICOT Award, 2007
- I ISCA Young Scientist Award (President's Medal) from Dr APJ Abdul Kalam in 2006
- I ASSI-Deputy Best Spine Research Award 2005
- I APOA Traveling Fellowship 2005

Tips to keep fit

- Do Surya Namaskar daily
- Be agile and active
- Have a healthy lifestyle
- Keep away from bad habits
- Avoid obesity

Dr. K. Hemanth Kumar - Putting at rest people's gastric concerns

Stomach hides many secrets and unless it is subjected to thorough medical checks it does not reveal the nature of disease. So anyone with stomach pain or discomfort should forthwith seek the opinion of a doctor.

Dr. K. Hemanth Kumar
Consultant - Surgical Gastroenterology, GI Oncology & HPB, Robotic Surgery
Manipal Hospital

Dr. K. Hemanth Kumar is a highly experienced Gastrointestinal surgeon currently associated with Manipal Hospital as a consultant for surgical gastroenterology. He has over 15 years of experience in gastrointestinal and reflux surgeries.

A fellow of the Indian Association of Gastrointestinal Surgeons, Dr. Hemanth has received several awards and accolades throughout his career.

A topper in post-graduation at PGIMER in Chandigarh, he has served as a senior professor there for 13 years after which he shifted to the Manipal hospital in Bengaluru.

Numerous research articles of Dr. Hemanth have been published in domestic and foreign journals and publications. He has also given several talks at various conferences and symposiums.

He is also an expert in performing video-assisted thoracoscopic surgery.

Dr. Hemanth is a life member of many prestigious organisations, including Indian Association of Surgical Gastroenterology and Indian Association of Gastrointestinal Endo Surgeons.

The modern technological advances in the medical field have taken health care to new heights and people should come forward without hesitation and make use of these treatment protocols, he says.

He plans to set up an NGO to help people get the best of healthcare irrespective of their societal status.

Family & Academic Journey

Dr. Hemanth's father Mr. KT Jagannath and mother Renuka were both teachers.He has two brothers one of whom is a manager in Karnataka Bank and the other is the Commissioner of the Chennai Corporation. Hailing from Davangere, he did his schooling in Bellary. His educational background is impressive, with multiple degrees and certifications. He completed his MBBS from the prestigious Bangalore Medical College & Research Institute in 2008. Subsequently, he pursued his MS and later MCh in General Surgery and Surgical Gastroenterology at PGIMER Chandigarh, where he was awarded the First Order Medal for academic excellence in 2008. He is married to Dr. Shalu who is professor in Anatomy at the Dental college and the couple has two children.

Awards & Achievements

- First Order Medal for academic excellence in M.S (General Surgery) in 2008 from PGIMER, Chandigarh.
- Travel grant – 10th World Congress of International Hepato-Pancreato-Biliary Association in 2012 held at Paris
- Bursary Award – IASGCON in 2016 by IASG, India.
- Best Poster Award at IASGCON 2016 for work on Surgical Anatomy of Liver.
- Best Poster Award at XXIX IASGCON, AIIMS, New Delhi 2019 for work on Esophageal Tuberculosis.

Keep your stomach safe

Many people ignore irritation or discomfort related to the stomach as mere acidic imbalance and adopt homemade or over the counter drugs. It is totally wrong and may prove detrimental to health.

Good eating habits, keeping away from alcohol and smoking and physical activity including daily exercises are a must to keep one's stomach safe and healthy.

Dr. Sunil Gurpur Kini

Helping people to get back on their feet

Dr. Sunil G Kini is an eminent surgeon specializing in Hip and Knees at the Manipal Hospitals. He is considered as one of the leading Hip, Knee Surgeon, and Osseointegration Specialist in Bangalore.

Possessing over 22 years of expertise in the field, he has performed over 4000 joint replacement procedures and over 2500 keyhole or Arthroscopy procedures.

He is one of the few surgeons who perform Hip Arthroscopies and robotic hip replacements in Karnataka. He has trained at centers of international repute at Singapore, Germany, Australia and London. He is an expert in Primary and Revision joint replacements of the Hip and Knee Arthroscopy.

He is the first surgeon to perform Hip Arthroscopy and Robotic Joint Replacement across Manipal group of hospitals. He is also one of the first surgeons in Asia to be trained in"MAKO" Robotic Knee replacement surgery.

A prolific writer, he has authored 35 publications in International Indexed Journals and has presented more than 50 papers/posters in International Conferences.

He has conducted orthopaedic health camps across areas of need in India and Africa. His aim is to keep on evolving with the time and acquire knowledge about the latest developments in the field of medicine.

Tips to keep your joints

- Eat healthy
- Keep an eye on your body weight
- Exercise regular
- Engage in sports
- Avoid getting obese
- Seek help early if feeling pain

His message to people is not to sit idle and be agile. The younger generation lacks mobility as they are hooked to mobile internet that they seldom step out. Immobility leads to many complications including spinal problems, he says.

Dr. Sunil Gurpur Kini
Senior Consultant Orthopaedic Robotic Joint Replacement Surgeon
Manipal Hospitals

Awards and Achievements

- Awarded the Businessworld HealthcareWorld Excellence Awards 2022 for Excellence in ORTHOPEDICS at Delhi.
- Awarded the IOA-Thailand Ambassadorship 2014.
- Awarded the SICOT German Travelling Fellowship (Arthroplasty/ Sports Medicine) for the year 2012.
- Recipient of LESTER-LOWE SICOT Award 2010 presented at the Annual Conference in 2010 at Gothenburg, Sweden.

Family background and Academic Journey

Born in Kolkata to banker couple Satish Kini and Seema Kini, he did his MBBS at the B.M Patil Medical College in Vijayapura. Later he did his MS from Bangalore Medical College. He then proceeded to get his DNB from Delhi's National Board of Exams before completing his dual MRCS from the Glasgow and Edinburgh Royal College. He has extensively trained and holds fellowships in Joint Replacement and Arthroscopy from reputed institutes in Singapore, Germany, Australia and London. He is married to Dr Phani Madhuri who is an Obstetrician Gynaecologist and Fertility Specialist. The couple has a son, Sohan Kini who is studying higher secondary.

Dr. Naren Shetty - Optimizing Vision, Transforming Lives

We need to remind everyone that the greatest gift given to us is our body, and we need to take proper care of it. Always be happy, kind, and grateful.

Dr. Naren Shetty
Vice Chairman
Narayana Nethralaya
Eye Hospital

Dr. Naren Shetty, a renowned ophthalmologist, the head of the Department of Cataract and Refractive Services, and the Vice Chairman of Narayana Nethralaya, was inspired by his late father, Dr. Bhujang Shetty, to pursue the dream of becoming an ophthalmologist. When he started his journey, treating patients, ensuring they leave with a smile and improved vision became his passion, approaching each patient with the care he would give to his own family member.

"My important goal is to create a hospital environment where every patient feels at home, fostering happiness and trust in healthcare"- he says.

He aims to structure transparent corporate social responsibility initiatives to provide quality medical treatment for those below the poverty line.

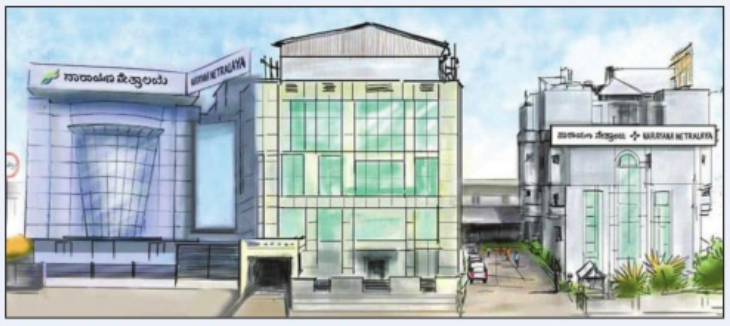
According to him, improving healthcare in India is crucial, and doctors should view patients as individuals by emphasizing overall health through education on nutrition and preventive screenings. He envisions transforming hospitals from mere sick care centres to genuine healthcare centres.

As one of the youngest surgeons, he has completed 26,000 cataract refractive surgeries and conducted over 20 live surgeries in conferences.

A proficient writer, he has authored over 30 publications and delivered more than 110 lectures at national-level conferences, along with 17 talks at international conferences.

Early life and Academic excellence

Son of the illustrious Dr. Bhujang Shetty and Rajkamal Shetty, Dr. Naren completed his basic medical education at S.D.M.M.C.H, Dharwad, residency from Ramaiah Medical College and Hospital, Bangalore, M.S Ophthalmology at R.R.M.C.H, Bangalore. His cataract and refractive fellowship was done at Narayana Nethralaya, Bangalore. Additionally, he has worked under cataract and refractive surgeons at the Moran Eye Center, USA, and S.N.E.C, Singapore.



Awards and Achievements

- Dr. Naren Shetty has been recognized for his excellence in the field, winning the "ICL Young Achievers' Award" at the European Society of Cataract and Refractive Surgeons annual meet in Milan, Italy, in 2022. Furthermore, he received the IIRSI Gold Medal at the Intraocular Implant and Refractive Society annual meet in New Delhi in 2023.

Narayana Nethralaya is a super-specialty eye care hospital in Bangalore, committed to providing quality eye care to all sections of society. As an NABH accredited institute, it is ranked as the best eye care provider in Karnataka and houses the state's only ocular stem cell, molecular, genetic, and ocular gene therapy labs. Narayana Nethralaya's state-of-the-art facilities, latest treatment techniques, highly regarded eye specialists, competent staff, and certified technicians help provide superior eye care for patients and attain the best possible results. Established in 1982 as an eye clinic in Srirampura, Bangalore, Narayana Nethralaya has achieved remarkable growth in the last 42 years. Doctors at Narayana Nethralaya have performed more than 32,000 free eye surgeries, and the Dr. Rajkumar Eye Bank established by the hospital has received more than 1.5 lakh eye pledges so far.

CONSUMER CONNECT INITIATIVE

Dr. Shwetha Y. Bartikkae - Helping turn parenthood dreams into reality

No matter what, women should strive hard to stand on their own. They can achieve whatever they wish to in life only if they become empowered. Women should desist from depending on others for their betterment.

Dr. Shwetha Y. Bartikkae
M.B.B.S. , D.G.O. , D.N.B. , (O.B.G.) , F.I.R.M
Diploma in Gynaec Laparoscopy (Germany)
Diploma in IVF and Reproductive Medicine (Germany)
Fellow in Gynaec Laparoscopy (Mumbai)
Fellow in Infertility Laparoscopy Medicine (Bangalore)
Managing Director, Janisthaa Fertility Centre and Hospital

Dr. Shwetha Y.B. is a distinguished expert in reproductive medicine, laparoscopic surgery, obstetrics, and cosmetic gynecology. Renowned for her expertise, she excels in managing high-risk pregnancies and addressing complex gynecological concerns.

The founder of Janisthaa (which in Sanskrit means Desire) IVF Centre, Dr. Shwetha is known for her unwavering commitment to excellence. The centre is well known for its personalized treatment plans, resulting in a remarkable track record of success.

Dr. Shwetha is deeply dedicated to the field of assisted reproductive techniques. She ensures patients receive the most innovative and ethical fertility treatments that are available.

Dr. Shwetha is very passionate about assisted reproductive techniques and she constantly updates herself with the latest techniques in the field of infertility medicine & OBG. She strictly believes in performing fertility treatments in the most ethical manner by introducing the patients to the most non-intrusive stress-free treatment.

Dr. Shwetha is an expert in reproductive medicine and laparoscopic surgery. She is also a very well qualified obstetrician and gynecologist, capable of handling high risk pregnancies and gynecological issues.

Awards & Achievements

- Award for "EXCELLENCE IN SPECIALIZED IVF CENTRES" by Times Health Excellence 2023

Family & Education

Dr. Shwetha is one of the two children born to Sri Yoga Murthy and Smt Madhumati, both advocates hailing from Mysore. She is married to Mr. Anand and the couple have a son, Maharth. After graduating in medicine from the Adichunchanagiri Institute Of Medical Science, she did her post-graduation in OBG in 2007 from jSS Medical College. DNB in OBG from Gunasheela Maternity & IVF Centre. Later she obtained her fellowship in infertility & reproductive medicine from Gunasheela Maternity & IVF Centre in Bangalore.

Janisthaa Fertility & IVF Centre

Dr. Shwetha established Janisthaa Fertility Centre & Hospital ("Janisthaa") in 2018 and she has helped many couples in fulfilling their desire to have a baby. The hospital is equipped with state of the art facilities where patients see their dreams come true at affordable prices. Janisthaa IVF Clinic stands out as a leading fertility centre dedicated to providing advanced and compassionate reproductive care. Janisthaa Fertility and IVF Centre aims to reduce the stress and hassle associated with infertility investigations and treatment by offering a one-stop diagnostic and treatment for infertile couples.

Janisthaa Fertility and IVF Centre aims to reduce the stress and hassle associated with infertility investigations and treatment by offering a one-stop diagnostic and treatment service for infertile couples.

Branches: Basaveshwaranagar & RR nagar.

www.Janisthaaivf.com Contact: 9591111407

Dr. Shravya Arun - Relieving people from pain using a needle

Without patience nothing can be done. You can get treated successfully for your health ailments in Acupuncture only if you have faith and patience.

Kadyada Dr. Shravya Arun
Co-Founder
Bhadram Nature's Clinic

Kadyada Dr. Shravya Arun & Kadyada Dr. Arun are experts in acupuncture and they run the Bhadram Nature's Clinic in Bengaluru.

Together they have a combined experience of more than 28 years and they provide cure, care & relief to thousands of patients. We care for all types of patients except emergency cases, says Dr. Shravya.

Many acupuncture providers counsel patients to also adopt other medical streams like Ayurveda or homeopathy. But here we adopt only acupuncture and suggest patients to discontinue other treatments, says Dr. Shravya. Their journey started at Nature's Clinic in Padmanabhanagar which they ran for about 14 years and later redesigned it into Bhadram Nature's Clinic at RR Nagar in Bengaluru.

About the founders

Kadyada Dr. Arun started his career as an Acupuncturist practicing for the past 14 years with vast experience in treating patients with all kinds of health issues. Right from the very beginning of his career, Dr. Arun's approach has been not only to heal patients but also to teach them what life should be like for them personally, mentally and physically.

Kadyada Dr. Shravya Arun, co-founder of Bhadram Nature's Clinic is a competent Acupuncturist practicing for the past 14 years and having a wide range of experience in treating people with all kinds of health issues. Both of them are well qualified and recognised by Bharat Seva Samaja to practice all over the country.

All about acupuncture

Acupuncture is an ancient therapy that uses needles to stimulate specific points on the body for various therapeutic purposes. Acupuncture can be beneficial for many conditions, including pain relief, insomnia, lifestyle diseases and fatigue.

Acupuncture has been used in Asia since ancient times and was introduced to the West much later.

Acupuncture is based on the theory that points on your body can influence health by affecting organs, systems and tissues throughout your body. These needles can be inserted along meridians and are used to treat a variety of conditions, including pain, swelling and stiffness. It is also suitable for everyday stress management and relaxation. Acupuncture is a natural way that works on the meridian points of your body to relieve stress, heal pain and improve overall health.

Bhadram Nature's Clinic
BEML 3rd Stage, Rajarajeshwari Nagar, Bangalore
Call : 080-66085686, 9538644966
Website : www.bhadramnaturesclinic.com

Bhadram Nature's Clinic is a renowned Super Speciality Acupuncture Centre providing treatment for patients. Bhadram was formerly known as Nature's Clinic. At Bhadram, they help cure people suffering from Acute and chronic gastritis, Low Back Pain, Neck Pain, Sciatica, Tennis Elbow, Knee Pain, Headache, Migraine, Dental Pain, Rheumatoid Arthritis, Hyper / Hypotension (BP), Hyper / Hypoglycemia (diabetes) Allergic Rhinitis and Sinusitis, Asthma, Thyroid, constipation, osteoarthritis, Digestive disorders, Emotional imbalance, mood swings etc.

Their extensive experience and expert medical care has helped people overcome/ manage various illnesses and pain since 2009. Bhadram Nature's Clinic is known for its quality treatment, extensive services and expertly delivered acupuncture therapies. Here they create comprehensive personalised acupuncture treatment plans that begin with a full assessment, individualised healing and therapies targeting cure, care & relief.

CONSUMER CONNECT INITIATIVE

Dr. Sneha Shetty - Bringing smile on the face of aspiring mothers

The aim of our organisation is to provide the most advanced, ethical and holistic practices in the field of infertility by incorporating wellness programmes like acupuncture sessions, psychological counselling, diet nutrition counselling, fertility yoga etc to not only improve the success rates of fertility treatments but also to make couples have a positive and happy journey towards parenthood.

Dr. Sneha Shetty
Clinical Director &
Chief Fertility Specialist
Vriksh Fertility Centre

A reputed Gynecologist and Infertility Specialist, Dr. Sneha Shetty is renowned for her expertise in fertility treatments. She has earned the trust of her patients and is seen as an inspiration by many.

An accomplished pianist and a skilled dancer, Dr. Sneha pursued a fellowship in IVF and has over 14 years of expertise in the field.

The one unique aspect that differentiates Dr. Sneha from others is the personal care and counseling she adopts. She loves taking care of patients. In order to build a relationship with couples she strives to listen to the aspiring mothers with empathy & patience.

www.vrikshfertility.com Contact: 8797080808

Father's dream

Dr. Sneha owes her journey in the medical field to her father's encouragement and his wish to see her don the apron and serve people. His unflinching faith in her played a pivotal role in shaping her career. Once she took wings in the field of medicine there was no looking back. Her husband, Hari Shetty, is also her career partner and he has played a crucial role in the establishment and growth of Vriksh Fertility Centre.

Academic excellence

She earned her MBBS degree from the prestigious S.D.M College of Medical Sciences & Hospital, followed by a Gold Medalist Post Graduation in Obstetrics & Gynecology from the Mahadevappa Rampure College of Medical Sciences and Hospital. Later she completed a Fellowship & Diploma in Minimal Access Surgery from World Laparoscopy Hospital, Delhi, and obtained a Fellowship in Reproductive Medicine & IVF from Homerton University Hospital in London and UKSH Germany.

Vriksh Fertility Centre

Dr. Sneha established the Vriksh Fertility Hospital with the goal of providing a personalised experience for each couple looking to undergo fertility treatment. The couples who come here are hand held to ensure emotional support along with medical care at the centre.

The centre is equipped with state of the art infrastructure and the staff are experts and go through regular training.

Awards & Achievements

- Dr. APJ Abdul Kalam Health and Medical Excellence Award 2021 for outstanding contribution to the field of medicine
- Big Health Award 2023' for her outstanding contribution in gynecology and Infertility by Big FM.
- Times Health Excellence Award for "Service Excellence in Infertility Treatments & Services" in 2023
- Dr. Sneha is an active member of various medical associations, including the Indian Medical Association, Bengaluru Society of Obstetrics and Gynecology, Indian Society of Assisted Reproduction (Karnataka Chapter), World Association of Laparoscopy Surgeons, Society of American Gastroenterologists and Endoscopic Surgeons, and member of Academy of Clinical Embryology.

Mrs. Shwetha K. Gowda - Driven by passion, committed to excellence

"The goal is to build a healthcare institution that not only cures ailments but also nurtures a culture of compassion, innovation, and community well-being.

Mrs. Shwetha K Gowda
Founder & MD
Cura Hospitals

Mrs. Shwetha K. Gowda is the founder and Managing Director of the Cura Hospitals in Bengaluru which stands out as a testimony for her dedication and hardwork. Her professional journey has been a dynamic exploration of the intersection between business acumen and healthcare management. Her passion for healthcare acquired new vistas with the inauguration of the Cura Hospital in 2019.

This venture was driven by a vision to create a healthcare institution that would redefine the patient experience, prioritizing compassion, innovation, and excellence.

The commitment to excellence, coupled with a passion for healthcare, continues to drive her as she looks forward to the future of Cura Hospital and the positive contributions she can make.

As the founder of Cura Hospitals, my paramount goal is to revolutionize healthcare by creating a patient-centric environment that prioritizes compassion, innovation, and excellence. The aim is to redefine the healthcare experience, ensuring that every individual receives personalized and holistic care tailored to their unique needs, she says.

Family and education

Her husband Dr. Nischal B. is a bureaucrat dedicated to serving the nation to the best of his ability. Together, they navigate the challenges and triumphs of our respective careers, fostering a supportive environment in the family front. The couple is blessed with two daughters. Armed with a Management degree, she embarked on a path of continuous learning and development, culminating in a recent Professional Certificate in Hospital Management from the prestigious Indian Institute of Management Bangalore (IIMB). I am grateful for the opportunities for growth and impact that have unfolded in life, she says with a sense of gratitude.

Awards and recognition

Cura Hospital has been recognized with Three prestigious awards consecutively in 2022 and 2023. These accolades, bestowed upon us by the esteemed **Times Business, Times of India and Worldwide Achievers Awards** are a testament to the collective dedication and excellence demonstrated by every member of our healthcare family. The Times Business Awards and Worldwide Achievers are renowned for identifying and honoring organizations that exemplify outstanding performance and contributions to their respective industries.

Cura Hospital

Started in 2019, Cura Hospital has navigated the initial challenges to grow into one of the frontline hospitals in Bengaluru. Cura Hospital has rapidly gained recognition for its commitment to patient-centric care.

Within the span of two years, their dedication and unwavering commitment to quality healthcare led to the establishment of a second branch, equipped with more than 200 beds to cater to the growing demand. This expansion not only underscores the success of Cura Hospital but also highlights the pressing need for healthcare facilities that have holistic patient care as its core value.

As Cura Hospital celebrates its fifth anniversary, the journey has been marked by a relentless pursuit of excellence, continuous innovation, and a dedication to the well-being of patients.

The success of Cura Hospital is a testament to the hard work and passion of an exceptional team of healthcare professionals who share the vision of providing unparalleled healthcare services.

8748030303 curahospitals.com

Kanakapura Road
No.18, Kanakapura Rd, Venkatareddy Layout, Doddakallasandra, Uttarahalli Hobli, Bengaluru, Karnataka 560062

Kammanahalli
#1, Bethel St, HRBR Layout 2nd Block, Kalyan Nagar, Kammanahalli, Bengaluru, Karnataka 560043

Dr. Niranjan Paramashetty
A crusader for dental health care

Dr Niranjan Paramashetty and Dr Bhagyalaxmi Fouzdar are providing quality dental treatments at affordable charges across 12 centres in Karnataka in the name of KDC Dental care and SYS Charitable trust. They have treated 'More than 10 lakh people in last 25 years. He qualified from SDM College of Dental sciences in 1997 and has done his specialisation in the Implantology at Pune, Chennai, and Atlanta, USA. He has successfully placed more than 10,000 Dental Implants till date. DR Niranjan Paramshetty and his team has a vision to reach out to as many people as possible and provide dental treatment to poor and underprivileged people. He is running centres at RR Nagar, Vidyaranyapura, Hubballi, Mudhol, Jamkhandi. Also, he is running charitable Dental clinics in the name of SYS charitable trust in Ramnagar, Chennapatna, Sunkadakatte, Nelmangla and Hubballi.

Awards & Achievements

- Best Multispeciality Dental Clinic in India Award in 2016 presented by legendary cricketer Kapil Dev
- The Times Business Award in 2023

The tooth is the only body part which can't repair itself. So, one has to take proper care of it. A healthy smile is a reflection of good dental hygiene and overall health. It boosts self-confidence and contributes to your well-being.

Dr. Niranjan Paramashetty
Founder & Medical Director
KDC dental care & implant centre

Dental care and implants

It is commonly seen that most of the elderly people would have lost few teeth, or all teeth. They wear removable dentures as most of them cannot afford fixed teeth due to economic conditions. These removable dentures have limited function and it effects the general health

Senior citizens are very big asset to our nation. Their general health is dependent on the teeth and oral health. Dental implants and fixed teeth will definitely improve their quality of life.

Considering this Dr Niranjan Paramshetty has started a new dentistry called X-PRESS Teeth Clinics. It is the first exclusive dental chain established to provide fixed teeth replacement. There is lot of misconception among people that fixed teeth is not possible to everyone.

By using Dental Implantology advanced techniques it is possible to provide fixed teeth to everyone. Taking precautionary measures dental implants can be given even for the people with diabetes, blood pressure and heart diseases.

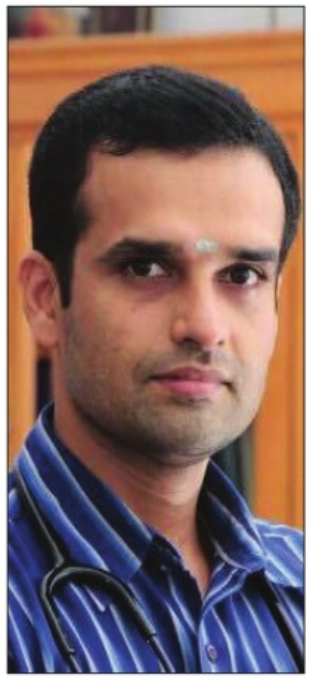
Dr Niranjan Paramshetty's mission is to provide fixed teeth to all those who are in need of it. The whole procedure is made economical, simple, painless and quick at all our centres, he says.

Benefits of Dental Implants

- No need to grind adjacent teeth.
- One and all teeth can be replaced.
- They look, function, and feel like natural teeth.
- Helps keep the jawbone from shrinking due to bone loss
- Preserves the health of the surrounding bone and gums
- Improves quality of life
- People already wearing removable dentures can get two implants placed in each jaw which will increase the fit of denture four times more.
- Dr Paramshetty s goal is to provide this advanced dental procedure to everyone, which as of now reached to less than 5% of the deserved population.
- He has made a provision of accommodation and food facilities for the people coming from far-off places and different countries. This is widely promoting dental tourism in India. He is charges less than Rs. 10 thousand for implants compared to more than Rs. 20 thousand charged by others.

www.kdcdentalcare.org **Contact: 8123103103**

Dr. Praveen Namboodiri - A crusader for kidney care



Do not forget that prevention is better than cure. Also believe in yourself as many battles are won and lost in mind.

Dr. Praveen Namboodiri
Consultant Nephrologist
Bishop Benziger Hospital
Kollam

Dr. Praveen Namboodiri is an acclaimed Nephrologist from Kollam in Kerala. His area of expertise includes Dialysis, Kidney transplant, preventive nephrology, clinical nephrology, renal replacement therapy and intensive care Nephrology.

After rejecting many offers to pursue his career abroad, he settled in Kollam where he says there was minimal or no specialist care available at that time.

He formed a team of like-minded professionals and set about bringing advanced kidney care protocols to the people in Kollam. His area of expertise includes hypertension, clinical, nephro logy, dialysis, transplantation and preve ntive nephrology.

He has gained the trust and respect of patients who come to him through his expertise and his humane approach.

He has founded the Save Kidney Foundation which is a registered charitable organisation actively involved in social and financial support of poor kidney patients. He works as a consultant for many reputed medical institutes in Kollam like Bishop Benziger Hospital, NS hospital, SIMS, St Joseph's Hospital, Poyanil Hospital and Murali Medical Center at Kottarakara.

As the Founder Secretary of SKF (Save Kidney Foundation) he is taking the initiative in diagnosing renal diseases at the earliest and prompt treatment delivery to patients. The trust regularly conducts kidney disease awareness and detection camps in Kerala, patient education programs and helps patients in financial, professional and social rehabilitation during dialysis and transplant.

Family and Education

Dr. Praveen was born in Trivandrum. His father Vasudevan Namboodiri was in the army and hence he along with his elder brother got a chance to see and explore various places in India. His mother Smt. Valsala Devi is a government employee. He completed his schooling at the Kendriya Vidyalaya in Trivandrum and later completed his MBBS at the Government Medical College. He then went on to complete his MD and DM from Bombay university. He is married to noted danseuse Mrs Draupadi Praveen.

He was excellent in academics and emerged a topper in both school and college education.

He has authored many books and prominent among them is the book Diet in renal disease which was published in 2015. He has also co-authored various National and International textbooks of Nephrology and Medicine.

Awards and Accomplishments

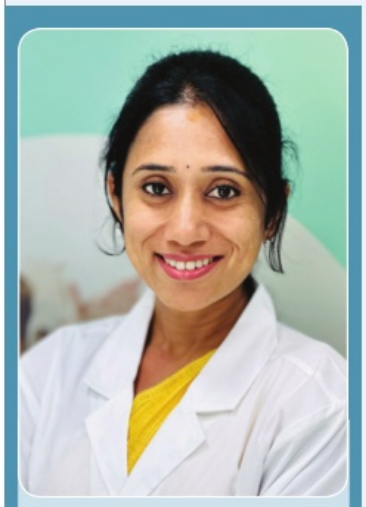
- Best annual performance award by the educational and cultural society of Kerala for the year 2005 –06
- UNI – UNICEF Golden lantern award for outstanding community service for the Save Kidney Foundation in 2021 – 22
- Clinical research paper on clinic-pathological correlation of kidney biopsies in coastal South India, published in The Kidney International May 2023
- Presented papers at various National and International Nephrology and Critical care conferences including World Congress of Nephrology and Nephro-Asia Congress of Nephrology

Tips to keep kidney safe

- Drink water at regular intervals
- Eat healthy diet and exercise
- Consult doctor when you notice any discomfort
- Keep BP/Sugar levels in check

CONSUMER CONNECT INITIATIVE

Dr. Supraja Chandrasekar - A helping hand for critically ill children



The life of an individual and that of the society at large depends on how we eat, play and connect. If we do these things right and that too Ensure children do it in the right way then we will help them grow into healthier, happier and responsible citizens of tomorrow.

Dr. Supraja Chandrasekar
Director & Senior Pediatric Intensivist
DHEE Hospitals

Dr. Supraja Chandrasekar is presently serving as a Senior Consultant Pediatric Intensivist at DHEE Hospitals.

Following her training in the United Kingdom at some of the best hospitals, she returned to India to complete her Fellowship in Pediatric Intensive Care by securing the first rank at the national level exam conducted by the Indian Academy of Paediatrics. She later went on to build a robust Pediatric team that specialised in Acute Pediatric Care at the prominent multispeciality hospital, where she served earlier, and headed the unit for seven years.

She enjoys teaching and training and is an accredited Teacher of the Pediatric Critical Care Fellowship Program by the Rajiv Gandhi University of Health sciences and Indian Academy of Pediatrics; Intensive Care Chapter

Her core competence is managing critically ill children. Her unique way of personalized empathetic care, effortless communication, and clinical acumen makes her a favorite amongst her patients. At DHEE there is a 14 bed Pediatric ICU with a full fledged Pediatric subspecialty team and Emergency.

She is faculty at various state and national level workshops and formerly part of the Board of Directors at PediSTARS. She has been an active part of the Pediatric Clinical Experts government committee on Pediatric Covid. During Covid pandemic she acted as a mentor for Pediatric Intensive Care doctors at Government Hospital in Tumkur. She is an excellent communicator and has featured in various talk shows.

Early life and Academic excellence

Born and brought up in Bengaluru, she did her schooling at Sophia Girls High School and finished her college in Mount Carmel college. Later she did her MBBS from the Bangalore Medical College.

After marrying Dr. Chandrashekar, a senior Orthopedic surgeon, they had to migrate to the United Kingdom where she did her PG. The couple is blessed with two children Anoushka and Anvita.

Awards and Achievements

- She was felicitated with the Nirbhaya award from Asare Trust in 2014
- Gold medallist during Fellowship in Pediatric Intensive Care

Eat - Play - Connect - Right

Apart from her clinical work she also dedicates time to Preventive and Community Child Care. She has worked actively on Childhood Nutrition through a unique Lifestyle

Initiative for Kids called Eat Play Connect Right. So far more than 10 thousand children across various prominent schools have been educated.

Dr. Supraja Chandrashekar through her foundation has conducted awareness camps regarding child nutrition in various schools.

Her other initiatives include Child Safety, First Aid and Basic Life Support workshops under the SETME [Student Empowerment Through Medical Education] Programs. She also runs Vyasa Foundation to help less privileged children get critical care when most needed.

Dr. Ishwarya Bhandari - Making a splash in pool and healthcare

To be successful in life one has to set a goal and start working towards it. Without any goal or aim, life becomes vague and bereft of meaning.

Dr. Ishwarya Bhandari
Obstetrics and Gynaecology
Kempegowda Institute of Medical Science
Consultant in Maiya hospital

They say that talent knows no bounds and one look at the achievements of Dr. Ishwarya Bhandari proves the saying true.

She is a star swimmer having lapped up hundreds of medals in national and state level meets and also a dedicated doctor.

She is a senior Resident in Obstetrics and Gynaecology at Kempegowda Institute of Medical Science familiar with advanced gynaecological procedures.

Her journey in the medical field is inspired by her father, who is a pediatrician himself while her brother is also a doctor.

As a swimmer of repute, she has won more than 550 medals and championships over the years.

She has a set of goals to achieve in life and that includes setting up own medical facility to serve people and thereby give back to the society which has given her so much.

Family & Education

Dr. Ishwarya was born in Saudi Arabia, Bisha and at a very young age her family relocated to Bengaluru. Her mother Sumathi Bhandari saw an achiever in her and initiated her to the pool through swimming camps. While her father, Dr. Srinivas Bhandari, a Pediatric Doctor and brother Dr. Girish Bhandari have cheered her on through countless races and their unwavering support has been instrumental in her journey. She made a splash in the pool at the tender age of 12 and never looked back. Ishwarya's husband, Ashutosh Bhaskar, and in-laws have also been pillars of strength and support. Though she was very good at swimming, her dream was to become a doctor and post matriculation she shifted her focus to academics and graduated with an MBBS degree.

As a Swimmer

In her initial days in the pool she dreamt of representing the country at the Olympics and gave her best in all the meets that she participated in. She is grateful to her first coach Rajeev, primary trainer and mentor Padmanabh, National Head Coach Pradeep and coaches at Basavanagudi Aquatic Centre who always rallied around her. The management, teachers and coaches at Baldwins Girls School, where she pursued her education, made special provisions to accommodate her rigorous training schedule. Interestingly, it was her achievements in swimming that catapulted her to getting an MBBS seat under the sports quota. She represented RGUHS and emerged victorious by setting new records.

Awards & achievements

- She won her first state championship in 2006 in Mangaluru and her first national medal at Kolkata in 2012.
- She was the champion swimmer at the state level and south zone champion for many years consecutively.
- Times award for Young achiever in Sports and Medicine in 2023
- Best outgoing student in MBBS

Dr. Rajashekhar K.T.

Bringing back mobility in people's lives

Dr Rajashekhar K.T is a senior Orthopaedic (knee & hip) robotic joint replacement surgeon serving at Apollo HOSPITAL, Bannerghatta road in Bangalore.

Dr Rajashekhar specializes in primary & revision robotic joint replacement surgeries of the hip & knee with over 22 years of experience to his credit and trained in computer assisted knee replacement surgery and did it almost 10 years and he is the first person to present a paper on computer assisted knee replacement surgery in 2004.

He has worked in many prestigious institutions like the Breach Candy, Lilavati, Lake Side & Mumbai port Trust Hospital at Wadala in Mumbai. He also has a fellowship and was an associate with Dr. C.J. Thakkar at Lilavati and Breach Candy hospital.

He also served as a senior surgeon at the HOSMAT hospital in Bengaluru before becoming a part of Apollo hospitals.

He has performed more than 5 thousand joint replacement surgeries, complex joint trauma, knee arthroscopy, spine surgeries and custom fit joint replacement surgeries.

Dr Rajashekhar has done a most prestigious adult reconstruction and joint replacement Fellowship with Dr Ranawat, who is considered a pioneer and legend of joint replacement surgery at Ranawat Orthopaedic Center and Hospital for special surgery in New York. His aim is to keep up to date with the advancements in his field and make use of it for the betterment of his patients.

Keep your joints safe

Dr. Rajshekar advocates the need of physical activity to keep one's joint safe. Inactivity leads to weakening of joint bones which in turn leads to osteoporosis. He advises parents to keep their children physically active during their formative years.

VK&BM HEALTH EXCELLENCE AWARDS-2023

There is fear among people about undergoing surgeries for knee and joint pain which is totally misplaced. In fact, with the introduction of modern technology, surgeries are pretty safe. So, one need not hesitate to undergo surgery out of fear for safety.

Dr. Rajashekhar K.T.
Orthopaedics - Hip & Knee
Robotic Joint Replacement surgeon
Apollo Hospitals

Family and Education

Dr. Rajashekar hails from Kathalagere, a small village in Channagiri taluk of Davanagere district. He is the son of Thippanna and mother Girijamma. He has a sister and three brothers. After completing intermediate and pre university education, he did his MBBS from J.J.M. Medical College in Davanagere in 1997 and MS in Orthopaedics from Bangalore Medical College in 2002. He completed his M.Ch. Orthopaedics from the University of Seychelles USAIM in 2016. His wife is an ophthalmologist and the couple has a son and a daughter.

Awards and accomplishments

- He has received the Dholakia Best Paper Award twice for new innovative techniques in Knee replacement surgery at the Ranawat Orthopaedic Conference in New York.
- Selected for poster presentation of above paper at AAHKS (American Academy of Hip knee surgeons) conference at Dallas in 2016.
- As a co-author got the Best Paper award for the following paper 'Is One-stage Bilateral TKR Safe' at the Ranawat Orthopaedic conference (ROC) held in Jaipur in 2005.

He is also a distinguished member of

- ISHK (Indian society of Hip and surgeons)
- Bombay orthopedic society
- Indian arthroscopy society
- Karnataka orthopedic society
- Bangalore orthopedic society
- Indian orthopedic society and executive member of IOA

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Mobile No.: 9019963156, digitalleads_bglr@apollohospitals.com
www.apollohospitals.com/bangalore

Prof. Dr. Krishna K.N. - A surgeon with unmatched skill

Today there is a lot of information regarding healthcare and medicine. But people should be cautious while trusting them. Instead it is better to consult their family doctor regarding healthcare. Medicine is a noble profession and parents must encourage their children to take up medicine as there is a dearth of students in higher education in the medical field.

Prof. Dr. Krishna K.N.
Senior consultant Neurosurgeon
Dept of Brain and Spine Surgery,
Apollo Hospitals, Jaynagar

Prof. Dr. Krishna K.N. is an eminent Neurosurgeon with close to four decades of service as one of the most empathetic Brain and Spine surgeons, currently serving as a senior consultant Neuro surgeon in Apollo Hospital.

With an impressive medical background, Prof. Krishna brings extensive expertise to the forefront. Seen as a mentor and guide to many younger neurosurgeons in Bangalore, he was instrumental in establishing Modern Neurosurgical clinical units and teaching departments at St John's medical college & M S Ramaiah medical college in Bangalore from 1987 to 2003. He is the pioneer to bring the concept of 'Brain and Spine' surgery under one umbrella in Bangalore.

Trained in Minimally invasive Neurosurgery at the University of Mainz, Germany, he has been involved in training medical fraternity all over the country in the field of Brain and Spine surgery by being a faculty in various CME courses and workshops.

VK&BM HEALTH EXCELLENCE AWARDS-2023

Apart from his vast clinical expertise serving patients in need of brain and spine care as an academician has 60 publications and presentations at national & international level. He is a member of the Academic council of AdiChunchanagiri university. He is happy that The Apollo Hospital management has heeded to his words & provided state of the art technology & highly skilled support staff to give comprehensive care for Brain & Spine surgery under one roof at its Speciality hospital in Jayanagar(near Madhavan park)This 120 beded hospital has 6 operation theaters, &35 ICU beds with complete state of the art diagnostic & surgical facilities available for round clock Emergency Neuro care .

Educational Excellence

Born in a family dominated by engineers, he was the first one to take up medicine. He graduated from government medical college Mysore as a national merit scholar in the year1981. After training in general surgery at ST John's medical college he went ahead to do neurosurgical training at The Sree Chitra institute for medical sciences and technology Trivandrum and obtained Mch degree in neurosurgery in the year 1987.

He subsequently trained all over the world to further his skills in modern Neurosurgery through workshops and surgical courses. He subsequently trained in minimally invasive Neurosurgery at University Of Mainz-Germany. His wife is a Postgraduate in Biological sciences & a counsellor and the couple has two children.

Awards & Achievements

- EMERK Gold Medical for neurosurgical research by Neurological Society of India in 1986
- Diploma of Merit awarded for the paper Craniovertebral junction Tuberculosis, presented at the 3rd Asian Conference of Neurosurgical surgeons held in Nagoya Japan in Nov 2000
- Best Scientific Papa Award from surgical society of India.
- Patient Choice Clinician award from Trinity group, Karnataka.
- Felicitation by many Medical associations, Rotary International, Indian Association of Indian medicine system
- Received best paper award from the Karnataka Orthopedics Association for the paper titled Multilevel Anterior Cervical Discectomy without Fusion in1998

Apollo Speciality Hospital, 14th Cross Road, 212, Sri Nitturu Srinivasarao Rd, near Madhavan Park Circle, Jayanagar 3rd Block, Jayanagar, Bengaluru, Karnataka 560011. **Mobile No.: 9019963161**
digitalleads_ahjn@apollohospitals.com **www.apollohospitals.com/bangalore**

CONSUMER CONNECT INITIATIVE

Dr. Manohar K.N. - Physician, Researcher, Leader & Wellness Connoisseur Par Excellence

Social Work is “Not Charity” but our “Responsibility.”

“Lifestyle Diseases needs Primarily Lifestyle Solutions”

Dr. Manohar K. N.
Consultant Physician & Diabetologist
Manipal Hospital
Sharada Medical Centre

Dr. Manohar K. N. an eminent physician and Diabetologist based in Bangalore, possesses over two decades of extensive experience. Currently serving as a Consultant Physician & Diabetologist at Manipal Hospitals in Bengaluru, he also holds the position of Chairman at KRSSDI, the Karnataka state chapter of the Research Society for the Study of Diabetes in India. Dr. Manohar specializes in Diabetes, Hypertension, Obesity, and Infectious diseases, emphasizing the importance of preventive care in society.

Dr. Manohar is a highly accomplished and respected figure in the medical field known for his outstanding contributions and empathetic precision care. His expertise extends beyond clinical practice- he serves as a Teacher and Mentor to junior colleagues, an examiner for the prestigious MRCP (UK), and a dedicated Researcher at Manipal Hospitals. He is a principal investigator and researcher for many of the Clinical trials, review articles and thesis work submitted for indexed journals & Post graduate studies.

During the challenging times of the Covid pandemic, Dr. Manohar played a pivotal role as a frontline warrior, conducting research, providing advocacy, and guiding peers, patients, public, and corporations. In pursuit of philanthropic endeavours, he founded the Disha India Foundation, under which he organizes health camps, supports the needy, and assists frontline forest officials.

Beyond his medical accomplishments, Dr. Manohar is a Fitness Enthusiast and wellness connoisseur who advocates lifestyle solutions for lifestyle diseases. He actively engages in fitness activities, marathons, and health awareness programs such as "Pedal for Diabetes Awareness," Walkathons, and Health-a-thons.

As an acclaimed speaker, Dr. Manohar has delivered lectures on hypertension, diabetes, Obesity, dyslipidemia & Infectious diseases, in various National and International Medical Conferences.

Family & Education

Dr. Manohar, born in 1975 to Late Mr. Nageshappa K, Former Senior Scientist at DRDO and Mrs. Sharada, excelled as a meritorious student. He graduated (MBBS) from Kasturba Medical College, Mangalore, in 1999, and completed his post-graduation in Internal Medicine at M S Ramaiah Medical College in 2003. He holds fellowships from the Royal Colleges of Physicians in London, Edinburgh, and Glasgow, along with fellowships from RSSDI and Diabetes India. He also has been conferred the Fellow of Euroasian Academy of Cardiology.

Awards and Recognition

Recognized for his exemplary work, Dr. Manohar has received numerous awards, including

- Kannada Siri award by former prime minister Shri HD Devegowda,
- RSSDI Award for Excellence in Diabetes Care,
- Naada Prabhu Kempegowda Award,
- Rising Star Award in Diabetology by Times of India,
- "Covid Warrior" Recognition by the American College of Physicians.
- Spearheading the medical wing of ACT Fibernet, he also had contributed to win the Gallops award for Best Places to work during Covid Times.

Dr. Manohar's Mantra for a Healthy Life – The Five Commandments

1. Love yourself,
2. Have nutritious & balanced diet,
3. Exercise Regularly,
4. Be Mindful of your needs
5. Promote Self Discipline.

Mr. Janardhan T.K.

Bringing healthcare out of corporate realm

Two young visionaries dreamt of making a difference in the way healthcare is delivered in India and that dream has fructified in the form of Camry Hospitals Group.

Camry Hospitals Group at Bannerghatta Road is the brainchild of Mr. Janardhan TK and Mr. Babu VR. It is a trend setting healthcare destination that offers multi-super speciality services at affordable prices. The multi speciality hospital has over 100 doctors on its panel apart from highly skilled medical and paramedical staff.

The expert doctors in the hospital have conducted more than 1800 surgeries successfully. Our dream was to create a facility where all the advanced medical facilities that are available in corporate hospitals will be provided at a much affordable price to people. Through Camry our dream has become a reality, says Janardhan who is the founder director and CEO of the group.

The aim is to take this to all the cities in the state and thereby bring health care within the reach of everyone, says Janardhan.

About the founders

Camry Hospitals Group is the brainchild of Mr. Janardhan T K who is the Founder Director & CEO and Mr. Babu V R who is the Director and COO of the group. Both of them had conceptualised a medical facility where advanced care is provided at not so high cost and on par with big corporate hospitals during their initial working days.

Mr. Janardhan, a native of Bangalore, is a professional with more than 18 years of experience in Healthcare Industry Operations.

He is a Post Graduate with MBA and with specialisation in Operations and Marketing.

Whereas Mr. Babu, a native of Tiptur, is a qualified professional with proven work experience of 16 years in the healthcare industry.

Advanced medical protocols are in place, but people are not aware of it. This lack of awareness leads to delay in treatment. People should know that mid-level hospitals also provide the best medical care and utilize it.

Mr. Janardhan TK
Founder, Director & CEO
Camry Hospital

Camry Hospitals

The Camry Hospitals Group was founded with an interesting mix of foresight, experience and youthful drive. The multi-Speciality hospital has over 100 doctors on its panel apart from highly skilled medical, nursing, administrative and paramedical staff. The Camry Hospitals Pvt Ltd has world-class infrastructure and cutting edge technology in medical equipment, which is constantly upgraded to keep up to International standards.

Since its inception in 2021, the hospital has tended to more than 84 thousand out patients and has served nearly 5 thousand in-patients. The hospital which is in its third year of inception has already gained wide acceptance among the people and has emerged as the top most medical care facility in the area. It provides medical care to all types of diseases and also has a mother-care facility. The hospital takes pride in providing critical care at affordable prices.

Awards and Accolades

- The hospital group has been bestowed with many awards for its meritorious service in the field of healthcare. It includes-
- Appreciation for Excellence in Multi Speciality Hospital & Excellence in General Medicine Department in 2023
- Health First award for Emerging Best Multi Speciality Hospital

www.www.camryhospitals.in Contact: 9972624466

CONSUMER CONNECT INITIATIVE

Fortis Hospital - Cunningham Road

Over Three Decades of Distinguished Service

For over three decades, Fortis Hospital at Cunningham Road, has established itself as an excellent healthcare provider solidifying its reputation as one of the foremost multidisciplinary private hospitals in India.

The 150-bed facility has been a trailblazer in the field of Cardiac Sciences, earning acclaim for its advanced life-saving procedures, and a commitment to providing high end healthcare services.

The Cardiac Sciences department stands at the forefront of Hospital's offerings in its distinguished service. With a legacy spanning decades, the hospital has been a pioneer in introducing modern and state-of-the-art technologies in diagnostics.

The cardiac care unit is equipped with the latest advancements, ensuring accurate and efficient diagnosis of cardiovascular conditions. From sophisticated imaging techniques to comprehensive cardiac monitoring, Fortis Hospital stands as a leader in addressing the intricate needs of cardiac patients in Bengaluru.

Quality Healthcare

Fortis Hospital's commitment to quality and patient care is underscored by its accreditations from the National Accreditation Board for Hospitals & Healthcare Providers (NABH) and the National Accreditation Board for Testing and Calibration Laboratories (NABL). These accreditations signify adherence to stringent standards and best practices, ensuring that the hospital consistently delivers high-quality healthcare services. Simultaneously, the NABL accreditation for the laboratory underscores the hospital's dedication to accurate and reliable diagnostic services.

Fortis Hospital, Cunningham Road, stands as a symbol of healthcare excellence, combining a legacy of 32 years with a commitment to embracing the latest advancements in medical science. From pioneering cardiac care to comprehensive multidisciplinary services, the hospital continues to be a trusted healthcare partner for the residents of Bengaluru and beyond.

The accreditations by NABH and NABL serve as a testament to Fortis Hospital's unwavering dedication to providing world-class healthcare services.

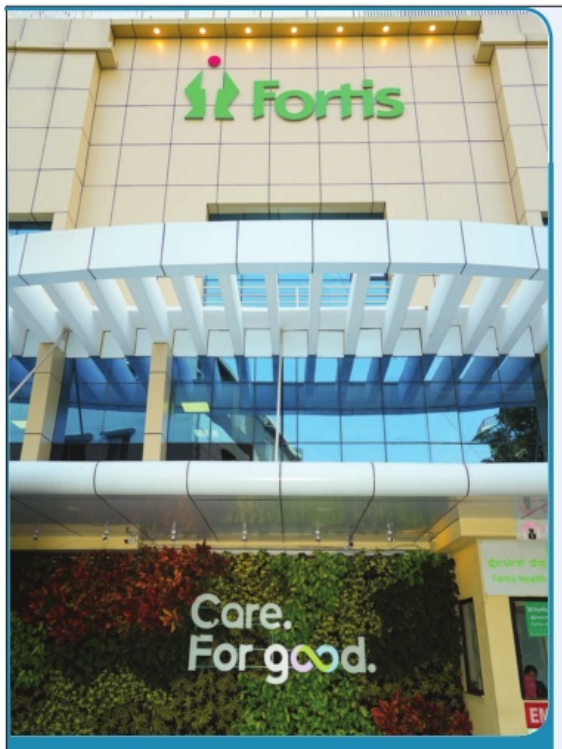
A Comprehensive Healthcare Provider

While Cardiac Sciences take centre stage, Fortis Hospital is a comprehensive healthcare provider, catering to a spectrum of medical specialties. The facility boasts specialized units for Neurology and Neuro Surgery, Urology, Orthopaedics, Minimal Access and General Surgery, Gastroenterology, and Pulmonology. This diversification allows Fortis Hospital to address a wide range of medical conditions, from neurological disorders to gastrointestinal complications, with expertise and precision.

The Neurology and Neuro Surgery department exemplifies Fortis Hospital's commitment to excellence. Equipped with cutting-edge technologies, this unit provides comprehensive care for patients with complex neurological conditions. The hospital's team of skilled neurosurgeons collaborates with neurologists to deliver integrated and personalized treatment plans, ensuring the best possible outcomes for patients dealing with disorders of the nervous system.

Critical Care & Emergency Services

In addition to the specialized departments, Fortis Hospital offers round-the-clock Emergency and Critical Care services. This ensures that patients in need of urgent medical attention receive prompt and effective care. The hospital's critical care units are staffed with highly trained professionals and equipped with advanced life support systems, emphasizing Fortis Hospital's dedication to handling medical emergencies with the utmost expertise.



Fortis Hospital - Nagarbhavi

A Pillar of Comprehensive Healthcare

For more than 15 years now Fortis Hospital at Nagarbhavi has stood as a pillar of comprehensive healthcare.

Over the years, the hospital has not only gained the trust of its patients but has also garnered praise for its unique blend of high end medical expertise and state of the art technology.

Committed to excellence, the 70 bedded Fortis Hospital at Nagarbhavi has emerged as the most preferred destination for a wide range of medical and surgical services.

From Internal Medicine to General Surgery, Orthopedics to Neurosurgery, Urology to Gynecology, Pediatrics to ENT, and Nephrology to Plastic Surgery, Fortis Hospital covers a broad spectrum of medical disciplines.

This multidisciplinary approach ensures that patients receive comprehensive and integrated care under one roof. The inclusion of services in Medical Gastroenterology and Oncology further underscores the hospital's commitment to addressing complex medical conditions.

It boasts of a robust clinical team, supporting services in Adult Intensive Care Unit (ICU), Neonatal Intensive Care Unit (NICU), and an Emergency Department that operates round the clock. This ensures that the hospital is well-equipped to handle a variety of medical emergencies and critical cases. The availability of emergency services round the clock is a testament to Fortis Hospital's dedication to providing timely and efficient care to the community.

Advanced Cath Lab

One notable addition to Fortis Hospital, Nagarbhavi, is the state-of-the-art cath lab, bringing advanced cardiology services to the forefront. With this addition, the hospital aims to position itself as the preferred critical care destination, further enhancing its capabilities in addressing cardiac conditions. The lab represents a significant investment in cutting-edge technology, allowing for precise diagnostics and advanced interventional procedures in the realm of cardiology.

Moreover, the hospital caters to the specific needs of patients with renal conditions through its 8-bedded Dialysis unit, emphasizing its commitment to comprehensive Nephro Care. This unit ensures that patients requiring dialysis receive specialized and efficient care, contributing to the overall well-being of individuals dealing with renal challenges.

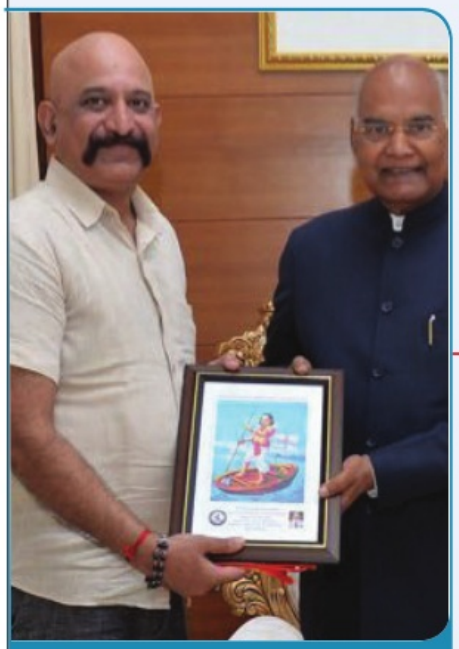
Beacon of Excellence

In essence, Fortis Hospital, Nagarbhavi, stands as a beacon of healthcare excellence in Bengaluru. Its multi-specialty approach, combined with advanced technology and a dedicated clinical team, has positioned it as a trusted healthcare provider in the region. The accreditations by NABH and the addition of the cath lab highlight the hospital's continuous efforts to evolve and meet the dynamic healthcare needs of the community. As it continues to serve the people of Nagarbhavi and beyond, Fortis Hospital remains committed to delivering quality care with compassion and expertise.

NABH Accreditation

In recognition of its commitment to maintaining high standards in healthcare, Fortis Hospital, Nagarbhavi, holds accreditations from the National Accreditation Board for Hospitals & Healthcare Providers (NABH) and the Nursing Excellence accreditation from NABH. These accreditations signify adherence to stringent quality and patient care standards, reinforcing the hospital's commitment to excellence in healthcare delivery.

Dr. Goutam R. Choudhari - Taking forward the legacy of service



I want to do people centric and development oriented politics. I believe in having a goal and honestly working towards fulfilling it is the key to success.

Dr. Goutam R. Choudhari
Founder
Venkateshwara Health Centre

Dr. Goutam R. Choudhari is a doctor-politician who has gained the respect and trust of the people in both the fields. Coming from a political family, serving the people was his utmost priority. Being a doctor helped him redouble his efforts towards social wellbeing of the society.As a doctor he has helped numerous people with his expertise and the personal care he shows has endeared people to him. Dr. Goutam R. Choudhari appears to be a dedicated individual, combining his roles as a doctor and a politician. His commitment to serving the people is evident in both fields, emphasizing social well-being and applying his medical expertise to help numerous individuals. His humility and belief in good karma underscore his approach to both politics and the medical profession.

Awards and Accolades

- He was awarded the Indira Priyadarshini Award for the year 2004
- Free medical aid for Ranga Shataka drama initiative running for continuous 100 hours, which found a place in Limca Book of Records
- Honoured by several organisations and establishments

Family & Education

Born and brought up in Vijayapura, he did his initial schooling in Muddebihal and later completed MBBS at the Al-Ameen college in Vijayapura.

After a brief stint at the Jayadeva Institute he started his own practice in Bengaluru. Later he did his post-graduation in Maternal and Child Health form the Goa Medical College through IGNOU.

While his father Dr. R.B. Choudhari was a minister in the Veerappa Moily cabinet, his uncle K.B. Choudhari was a member of the Lok Sabha. His grandfather Bheemanna Choudhari was known as the Cotton King of Bijapur.

Political legacy

He is the third generation politician coming from the highly respected Choudhari family from Vijayapura. With a rich lineage he took to politics like fish to water. After a long stint with the Indian National Congress, attracted by the ideals of former President Shri Ram Nath Kovind and the vision of senior leaders of the Bharatiya Janata Party, he joined the BJP during the last assembly elections.

Earlier, he had served the Congress as general secretary of the state medical wing, a member of the state campaign committee and a member of the AICC fishermen's wing. Attracted by ideals of our Prime Minister Narendra Modiji and former President Ramnath Kovindji and senior BJP leaders. Joined BJP in 2018 assembly elections since then participated in all the party activities and elections.

Venkateshwara Clinic

Dr. Goutham Choudhari started the Venkateshwara Clinic in Avalahalli in Bengaluru in 1995. Later the establishment of Pulse Hospital with advanced medical care facilities showcased his dedication to improving healthcare accessibility. His involvement in political activities due to his father's untimely death shifted his focus, but he continued serving the community through health check-up camps and surgeries for the underprivileged. He has also performed various surgeries free of cost for many poor people through the R.B. Choudhari Memorial Trust which he has set up in in memory of his father, highlights his philanthropic efforts. From aiding earthquake victims in Latur to being a frontline worker during the Covid pandemic, he has consistently served with sincerity and dedication.

Mr. Raja G.C. - A healthcare provider with a difference

We have an ambitious but realistic dream of becoming one of the premier pan India organizations in the occupational healthcare sector. We aim to work towards the Hon'ble Prime Minister's call for "Health worker – skilled worker"

Mr. Raja G.C.
Founder & CEO
TEATREE Hospitals & Diagnostics

Mr. Raja G. C. is the Founder and CEO of TEATREE Healthcare Pvt. Ltd., a multi-speciality healthcare centre in Bengaluru.

Mr. Raja G C who has an MBA from Manipal University, has more than 15 years of experience in servicing in the health industry.

While collaborating with many healthcare providers before owning Teatree, Mr Raja G C noted that adequate care was not taken about the health of the workers, both men and women. Issues like occupational hazards, diseases, age-related disorders, and lifestyle diseases were not dealt with properly.

Understanding this necessity, he started TEATREE Healthcare Pvt. Ltd. to address these issues. They now have developed expertise to provide exclusive programmes and solutions for corporates and workers' healthcare.

They also partner with corporations, institutions, apartments, sports federations, and social organizations to provide them with healthcare services.

Our commitment to our patients is in the quality of our care, the range of our services the expertise of our consultants and the quality of our nursing staff. They are, we believe, the very best in their profession, he says.

Education and work experience

After initial schooling, Mr Raja G C did his graduation with a B. Com from Pragathi College of Science and Management Studies in Chintamani. He later did his MBA (Hospital Management & Healthcare Services) from the Manipal University in Sikkim. He worked at Apollo Hospitals Groups for ten years from 2008 to 2018. Over time he gained experience in setting up neighborhood clinics. Collaborated with some major corporate giants such as WIPRO, INFOSYS, SHELL, HP, TATA Groups, Schneider Electric, APC, and 500+ manufacturing companies.

Helping make a change in the society.

Right to health: every worker has a right to good health. The occupational health centres, educative programmes, ambulances & trained staff equipped with modern gadgets are ensuring the same.

Women's right to employment through crèche: When women are to sit back at home to look after children their quest for economic independence and dignity of womanhood are endangered. But establishing crèches helps women to continue work without worries.

Protecting child rights: Their crèches ensure the child's rights to security, nutrition, a homely atmosphere, and motherly nurturing which are so necessary for the good physical and psychological development of the child.

TEATREE Healthcare Pvt. Ltd. (Corporate Wellness, Hospitals and Diagnostics Services)

TEATREE Healthcare was founded in 2018 with a mission to provide corporate health, wellness, preventive medical care, and pre & post-hospital care, home care, old-age care to communities and corporations.

They offer a range of services for corporates categorized into wellness programs, Occupational Health Centre/First Aid Room/Ambulance Room setup and management, corporate creche set up and management, health check-ups, onsite medical & vaccination camps, medical assistance, supply of medicines, surgical and medical equipment, etc.

TEATREE has two Multi-speciality Healthcare Centres at Bommasandra Industrial Area & Hosur Main Road.

Achievements

- Recognized and awarded in 2023 from #startupinda (DPIIT) for Workforce Health & Wellness
- Awarded for Emerging Business & Best innovation in healthcare from MSME India in 2023.
- Providing adequate on-site health checks, and occupational health and wellness facilities for around 15,000 to 30,000 employees in Karnataka, Tamil Nadu, Kerala & Andhra Pradesh Industrial Areas. Annually reaching around five lakh targets.
- We have established first aid centres and cluster occupational health centres in remote areas for companies with less than 250 workers.
- Vaccinating up to 1,500 people per day during Covid in 3-5 locations.
- Working with more than 1000+ corporate companies.

HEALTH TIP: Adequate sleep and a nutritious diet are very important for patients suffering from epilepsy

Switching to vegan, keto diets linked with immune system, gut changes, study finds

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NOT IN THE PINK OF HEALTH

Survey on 1,000 obese youngsters reveals in Bengaluru, many have developed related comorbidities early on

Iffath Fathima
@timesgroup.com

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A study that was conducted on 1,000 obese youngsters in some of the metropolitan cities has found that in Bengaluru, obese youngsters develop obesity-related comorbidities early on and have the highest rate of comorbidities among the under-20 metro youth population.

The study was done on 1,000 obese youngsters in Bengaluru, Mumbai and Delhi by Hexa-Health. Those in the age group of – 18 to 55 years and having BMI (Body Mass Index) of 30 or above took part in the survey. Over 15 percent of under-20 Bengaluru youngsters had developed more than one comorbidity. By the age of 26-35 years, comorbidities in Delhi and Mumbai youngsters jumped up drastically with 36 percent and 41 percent developing comorbidities respectively.

The characteristics or behaviours survey included activities like engagement into fitness activities like jogging, gym, yoga, etc. Eating habits – meal type (veg, non-veg), occupation type – Work mode (WFH / desk job / others), hours spent sitting on desk jobs, prevalence of comorbidities like (joints pain, hypertension, diabetes, gynae concerns), lifestyle habits – frequency of dining out, ordering food, pursuing dieting, fitness tracking through gadgets, monthly expense over fitness, awareness about medical treatments available for weight loss and underlying medical conditions, chronic medications.

Of the obese users surveyed in the age bracket 36-45 in NCR & Mumbai, 25% did not have any chronic comorbidity, whereas 30% of the users of Bengaluru in the same age window have reported 0 comorbidities. Within the same age bracket, while 33%+ users of NCR & Mumbai have reported prevalence of two or more comorbidities, 22% of the users in Bengaluru have reported the same. However, in the age bracket of 46-55, while only 5% of the users of NCR & Mumbai reported prevalence of 3 or more comorbidities, 7.5% users of Bengaluru reported prevalence of 3 or more comorbidities. High share of users in the age bracket 26-35 in NCR continue to maintain zero chronic comorbidity at 53%+ in comparison to Mumbai & Bengaluru at 47% & 49% respectively.

It was observed that Bengaluru users have shown the least response towards pursuing dieting. 38.69% of people in bengaluru showed no response to the diet in comparison to Mumbai wherein 34.17% did not diet and Delhi at 36.18% . Upon comparing the responses towards fitness efforts & dieting, it was observed, Bengaluru users show least activity with only 38% pursuing at least one activity against 52%+ for other cities. Over 70% of the users from Bengaluru have reported at least 6 hours of daily sitting as compared to Delhi (63%) & Mumbai (60%).

> **Comparison of responses towards fitness efforts, reveal B'lureans undertake least activity with only 38% pursuing at least one activity against 52%+ for other cities**

Dr. Aman Priya Khanna, Co-founder and Medical Director of Hexahealth said, "Clearly, there is a significant lack of effort and inclination towards healthy eating and dieting. The survey interpretations showed that 38% of the users from Bengaluru out of 1,000 respondents were not eager to start a diet. Similarly, almost 38-40% were not active or engaged in rigorous physical activity. Another potential and direct facilitator identified in the survey was the nature of the occupation. It was reported that 70% of the individuals from Bengaluru had to sit continuously for six hours daily at work."

Ankur Gigras, CEO and Co-founder of HexaHealth, said, "The findings revealed a high occurrence as well as awareness of obesity in Mumbai, Delhi, and Bengaluru, to levels that surpassed our initial expectations. A particularly concerning revelation was the occurrence of comorbidities in those under 20 years of age. Maybe the pandemic lockdown had an impact but it's alarming to see a good number of them developing comorbidities when they're supposed to have better metabolism. Notably, the survey outcomes align closely with existing scientific research and data on obesity, emphasising the urgency of addressing obesity-related health concerns at all levels – medical and social. Our findings underscore the need for concerted efforts and awareness campaigns to combat the complex interplay of obesity and comorbidities in these cities,"

However, Bengaluru leads the way in the use of fitness gadgets with 43% whereas Delhi lags in terms of its adoption at 36% and Mumbai has a better rate at 40%. The 18-25 age group showed the highest adoption in fitness gadgets.

All you need to know about...

PCOS and memory issues

More likely to have memory issues
Women suffering from polycystic ovary syndrome may be more likely to have memory and thinking problems in middle age, according to new research. The study, published in the online issue of Neurology, does not prove that polycystic ovary syndrome causes cognitive decline. It only shows an association.

PCOS symptoms
Polycystic ovary syndrome is a hormonal disorder that is defined by irregular menstruation and elevated levels of a hormone called Androgen.
Other symptoms may include excess hair growth, acne, infertility and poor metabolic health.

Not much known about affect on brain health
It is a common reproductive disorder that impacts up to 10 per cent of women. While it has been linked to metabolic diseases like obesity and diabetes that can lead to heart problems, less is known about how this condition affects brain health.
"Our results suggest that people with this condition have lower memory and thinking skills and subtle brain changes at midlife. This could impact a person on many levels, including quality of life, career success and financial security," said Heather G Huddleston, from the University of California, San Francisco.

Changes that can be incorporated
"Additional research is needed to confirm these findings and to determine how this change occurs, including looking at changes that people can make to reduce their chances of thinking and memory problems," Huddleston said. "Making changes like incorporating more cardiovascular exercise and improving mental health may serve to also improve brain ageing for this population."

—IANS

MIRRORLIGHTS

Gender-specific brain changes due to ageing make older women feel more pain, study finds

Why older women feel more pain could be because of gender-specific changes in brain regions involved in pain perception brought about by ageing, new research has found. These changes were found to heighten these older women's sensitivity to pain compared to their men counterparts, and hence make them experience more pain.

Researchers clarified that these gender-specific changes may not be related only to one's biological sex, but also to social factors influencing their responses to pain.

While previous studies have shown women to be more sensitive to pain, the researchers, including those at The Ohio State University, US, said that their study looked at gender by age.

"Most of the work characterising which regions in the brain respond to pain have been done in people aged 18 to 40. (We wanted) to understand what's happening between the ages of 30 and 90 years old because that's when people are beginning to experience chronic pain," said Michelle Failla, assistant professor in the College of Nursing at The Ohio State University and lead author of the study published in The Journal of Pain. For the study, the researchers included 27 women and 32 men aged 30–86 years old, who were exposed to increasing levels of heat. They were asked to report when the applied heat reached levels of just-noticeable, weak and moderate pain and to rate the

unpleasantness of each level.

The team used functional MRI (fMRI) imaging to observe the hub of brain regions that work together in pain perception – the descending pain modulatory system (DPMS). The DPMS is also involved in triggering opioid receptors that help reduce pain. An increased DPMS response is thus presumed to translate into a higher or greater pain perception, they explained, even as they said researchers are still working towards describing exactly how the system works.

The researchers found gender-specific changes brought about by ageing in some of these brain regions within the DPMS.

They found that at the moderate pain level, men showed an increased DPMS response with older age (reduced pain perception), while as women aged, the DPMS response decreased (greater pain perception).

— PTI

WHO guidelines can cut C-section deliveries

Implementing the World Health Organization's guidelines could help improve women's care during childbirth and reduce unnecessary cesarean section deliveries, a pilot study conducted in India has found.

Cesarean sections account for over 1 in 5 childbirths globally, with the numbers set to rise in the coming decade to one-third of all births, according to WHO.

When performed for medical reasons, cesarean sections can be lifesaving and are an essential component of good-quality medical care, but they can also carry inherent risks.

The latest study, published in the journal Nature Medicine, is the world's first randomized trial of the WHO's Labor Care Guide (LCG).

The team, including researchers from Jawaharlal Nehru Medical College in Karnataka, conducted the pilot trial in four hospitals in India to evaluate the implementation of the novel LCG strategy, compared with routine care. The study showed that it was possible to implement the LCG into routine clinical care, including in busy, limited-resource settings, said study lead author Joshua Vogel, a professor at Burnet Institute in Australia. **PTI**

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I Ammany Cherookaran Inasu W/O, K.t.john Also Known As K T Johny R/o N0-234,380-1,5th Main,,2nd A Cross,bahubali Nagar,jalahalli,bengaluru-560013 have changed my name to Ammani John.

I, Huzefa Shahpurwala S/o, Siraj Salehbhai Sahapurwala R/o No 4 1st Floor Batul Villa 20th Main Ramaswamy, Layout Jp Nagar 5th Phase, Bengaluru, 560078, have changed my name to Huzefa Siraj Sahapurwala for all purposes.

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I, Chaitanya Achaldas Revankar R/o No.9, Prashant Colony, Hubballi 580031 have changed my name to CHAITANYA REVANKAR Affidavit Dt.31/01/2024 notary Harisha G, Bengaluru, my present camp at Bengaluru city

I Sanjeeva Rao Kooriganur S/O, K.vasudhendra Rao Also Known As K.vasundhendra Rao R/o N0-22, ground Floor, 5th Cross, ramamurthy Nagar, Main Road,banaswadi, Bengaluru-560043 have changed my name to Sanjeev Rao Kooriganur.

I Deepika Prakash D/o Doraiswamy Prakash aged about 22 Years R/at No.306, 4th D Cross,3rd Block,HRBR layout Kalyan nagar,Bangalore North B'luru-560043 have changed my name to Deepika Doraiswamy Prakash vide affidavit dtd:30/01/2024 sworn before notary Uday Kumar K, Bengaluru

I, Jeevitha Anugula W/o Gopinath Anugula R/o 29, 2nd main, Srinivasanagar, Kathriguppe Rd, Bsk 3rd stg, B"luru 560050 have changed my name to Jeevitha Chimalamudi affidavit Dt.01/02/2024 notary Harisha G, B'luru

I, SREENIVASA C, S/o, Jarangala Pullaiah, aged 41 years, Residing at, No.4/2, Pranav, 1st Main, 1st Cross, Kalyan Nagar, Mudalapalya, Bengaluru-560072, have changed my name to SRINIVAS CHINNA, vide affidavit dated:31-01-2024, sworn before Notary Public, S.I. Balaguru, Bangalore.

I, Moduboina Latha R/o Flat.407, Sanjeevini Pebbles Apt, Borewell Road, Whitefield, Bengaluru 560066 have changed my name to GUNDALA SRI LATHA affidavit Dt.01/02/2024 notary Harisha G, B'luru

I, Santosh Krishnappa, R/a. No.9, Sanskriti, 4th Cross, 30th Main, BTM Layout 2nd Stage, B'lore- 560076. I have changed my Minor Daughter name from Saanvi Santosh To SAANVI SANTOSH REDDY. Vide affidavit date: 31.01.2024. Sworn before Notary: Devaraja E.

I, Chethana Kumari Mehta, W/o. Nathulal U Gadiya, R/a. New No.8, Old No. 37, West Anjaneya Temple Street, Basavanagudi B'lore- 560004. I have changed my name to CHETNA N GADIYA. Vide affidavit date: 31.01.2024. Sworn before Notary: Devaraja E.

GET NOTICED

Entry Free!
LAST 3 DAYS
ಬೆಂಗಳೂರು
ಆರ್ಟ್ಸ್ ಅಂಡ್ ಕ್ರಾಫ್ಟ್ ಮೇಳ
Bangalore
Arts and Crafts Mela
Enrich your Shopping Excellence
Art, Craft & Handlooms Exhibition
26th Jan to 4th Feb 2024
Timings: 11 AM - 7 PM
10 Days Exhibition
Contact : 9036658774 / 6364685716
Organized By
Grand Flea Market
Karnataka Chitrakala Parishath,
Kumara Krupa Road, Near Shivananda Circle
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HANDLOOMS | HOME DECOR | HANDICRAFTS | CLOTHING | JEWELLERY | 100+ STALLS | LIVE PERFORMANCE

Paytm shares sink 20% after RBI clips wings

RBI order asking company to halt its Payments Bank subsidiary creates fear in market

Indian digital payments firm Paytm lost a fifth of its market value on Thursday after the central bank ordered its payment bank subsidiary to halt its business, sparking fears for the company's profitability and reputation.

Paytm's stock fell to a six-week low of 609 rupees, erasing around $1.2 billion in value from the company also known as One 97 Communications. The stock was down 20%, at the bottom of its exchange-imposed daily trading band.

The Reserve Bank of India (RBI) on Wednesday ordered Paytm Payments Bank to stop accepting fresh deposits in its accounts or popular digital wallets from March, raising worries over revenues from the company's main payments business.

India's payment banks accept deposits but cannot lend. They park their deposits in government securities and in deposits of other banks.

File photo of a vendor weighing vegetables next to an ad of Paytm, a digital payments firm, at a roadside market in Mumbai

The RBI's order could be a precursor to cancelling the bank's license, a person familiar with the matter told Reuters.

The action against Paytm Payments Bank followed years of non-compliance with the central bank's rules including those that govern customer due diligence, use of funds and technology infrastructure, the source said. Paytm and the RBI did not immediately respond to requests for comment.

The regulatory action also raises concern that Paytm's lending partners might reconsider their relationships with the company, which owns 49% of the payments bank, analysts said. It could stall efforts by Paytm, which rose to fame after India banned high-denomination notes in 2016, to attain profitability on a net basis.

"Private banks that were once gung ho on Paytm will now be cautious to take on new partnerships post the RBI flack," said a banker with a midsize private bank.

A banker at a state-run bank said banks will demand a complete resolution of the RBI's concerns before taking on any new partnerships with Paytm. The bankers asked not to be named as they were not authorised to speak with the media.

Paytm said it would take steps immediately to comply with the RBI's directions, and that it expects a worst-case impact of 3 billion to 5 billion rupees ($36 million-$60 million) to its annual earnings before interest, tax, depreciation and amortisation (EBITDA).

In 2022 the RBI ordered the bank to stop adding customers. A subsequent audit revealed "persistent non-compliances and continued material supervisory concerns in the bank", the central bank said on Wednesday, without disclosing details. Paytm's stock is trading at less than one-third of its 2021 listing price of 1,950 rupees, despite having climbed 20% last year. With Thursday's plunge, the shares are down more than 4% this year.

PAYTM MUST 'RESTORE CREDIBILITY'

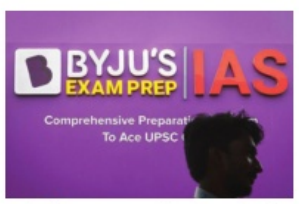
Jefferies downgraded Paytm's stock to "underperform" from "buy" after the RBI move, slashing its target price to 500 rupees from 1,050 rupees and saying regulatory and reputational issues could affect profitability. The brokerage cut its EBITDA estimates, excluding the employee stock ownership plan, for Paytm by 46% in the 2025 financial year and 44% for 2026, while forecasting declines in payments revenues, lending revenues and compression in payments margins.

Action against Paytm Payments Bank comes after years of non-compliance with the central bank's rules, sources reveal

"Paytm's business impact will largely come from reputational concerns arising from governance/compliance and hence, the path to resolution will be from stronger compliance with regulations and revoking of RBI measures," Jefferies said.

—Reuters

Prosus, others call for ouster of Byju's founders



A group of shareholders of Indian education technology firm Byju's, including tech investor Prosus, are seeking to oust the company's founders and force a change of leadership as the once popular startup struggles to overcome a series of crises.

Byju's, controlled by billionaire Byju Raveendran was one of India's hottest startups, valued at $22 billion in 2022, but has more recently seen its auditor Deloitte and board members resign, and faced a U.S lawsuit disputing terms and payment of a loan.

Byju's has laid off thousands of employees and seen its valuation nosedive in recent months.

"We are deeply concerned about the future stability of the company under its current leadership and with the current constitution of the Board," the shareholders said in a statement.

The investors are requesting a meeting to resolve "outstanding governance, financial mismanagement and compliance issues; the reconstitution of the Board of Directors, so that it is no longer controlled by the founders ... and a change in leadership of the company," it added.

The statement was shared by Prosus, which has a roughly 9% stake in Byju's, and said it had the backing of a "number of major investors", without naming them.

Others supporting the statement include Sofina and Peak XV, formerly known as Sequoia Capital India, according to a source with direct knowledge of the matter.

Last year, Deloitte resigned as auditor of Byju's after the edtech company delayed financial statements for the year ending March 31, 2022. Deloitte said it did not receive necessary documents even after writing several letters to the board.

Board members representing Peak XV, Prosus and Chan Zuckerberg Initiative stepped down from Byju's board last year.

Some of Byju's investors say the company's valuation has fallen to between $1 billion and $3 billion.

—Reuters

IN CINEMAS
TODAY
KISMAT (TELUGU)
RAJU SRINATH BADINENI
CH BHANU PRASAD REDDY VEDARAMAN
VIPLAV NYSHADAM BHASKARABHATLA VAMSI - SHEKAR
MARK K ROBIN
PVR · INOX
cinépolis
GOPALAN
KIN CINEMAS
ROCKLINE
CINEPHILE
MIRAJ
AND ALSO AT OTHER CINEMAS
K.G.ROAD BHUMIKA | MARATHHALLI VINAYAKA | S.G.PALYA SRINIVASA | AGARA TIRUMALA
KADUGUDI SRINIVASA | MADIWALA SANDHYA | HONGASANDRA BRUNDA | MAGADI ROAD ANJAN
KONANKUNTE MANASA | R.T.NAGAR RADHAKRISHNA | J.P.NAGAR RENUKAPRASANNA | J.P.NAGAR
SIDDHALINGESHWARA | VARTHUR VINAYAKA | CHIKKALASANDRA BALAJI | SARJAPUR RAVI
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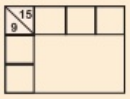
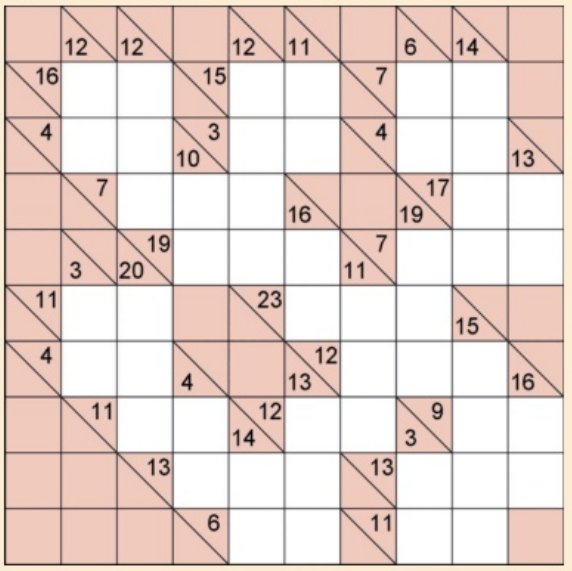
@BangaloreMirror

Kakuro

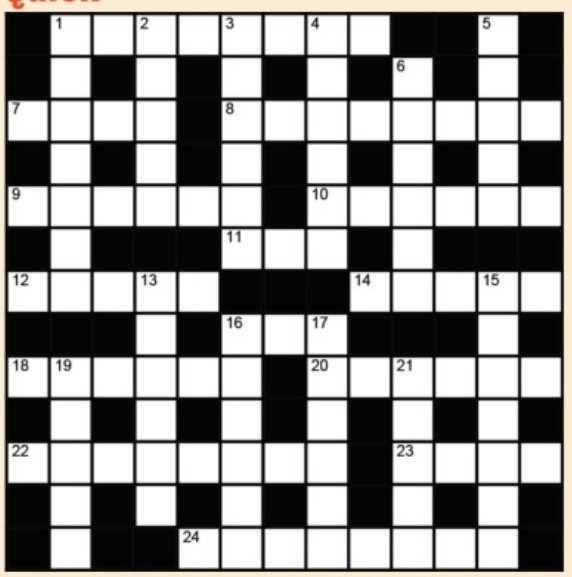
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Bad temper displays (8)
7 Conjoin (4)
8 Getting confused completely, taking one for the other? (6,2)
9 Compile, organise or arrange (6)
10 Italian city (6)
11 Breakfast staple (3)
12 Train or prepare (5)
14 Clan or family (5)
16 Donkey (3)
18 Yearly (6)
20 Uneven in quality? (6)
22 Large snake (8)
23 Part to play (4)
24 Large crustaceans (8)

DOWN

1 Red pepper sauce (7)
2 N in TNT? (5)
3 ___ control : use it and don't get up to adjust the TV? (6)
4 Blending, mingling (6)
5 Piano piece (5)
6 Military marksman (6)
13 Eat noisily? (6)
15 Tourist destination home to the Ranganatha Swamy Temple (1,1,5)
16 Fernando of F1 (6)
17 Converses (6)
19 Group of nine (5)
21 Abrupt (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: H EQUALS G

YDPEOEZS OFELBELH MEUU USO VDR CD SZSWVOFELH ISOOSW OFQL LSHQOEZS OFELBELH MEUU.

Linemaro

When everything bugs me, you are the only one I want to be around

Mindchow

Life is a series of natural and spontaneous changes. Don't resist them

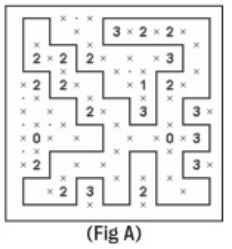
Joke of the day

I told my wife she looks sexy with black fingernails. Now she thinks I slammed the car door on her hand on purpose

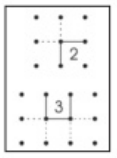
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

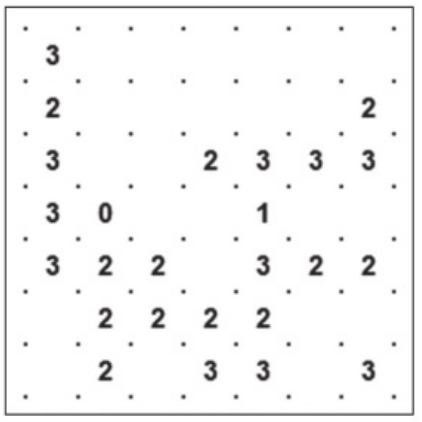


(Fig B) Not Allowed

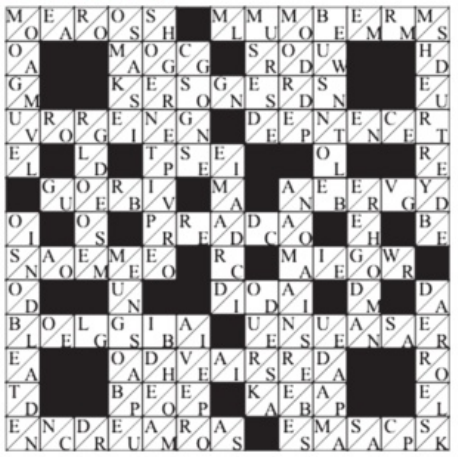
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1 H	2	3	4	5
6				
7				
8				
9				

ACROSS

1 Sharp; 6 Trapa; 7 U Nude; 8 No lee; 9 Roman

DOWN

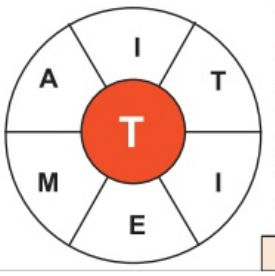
1 Maul H; 2 An ape; 3 Adorn; 4 Nor up; 5 Terse

Mensapuzzle

What number should replace the question mark?

4	9	13	5	86	2	7
82						9
79						24
6						63
35						18
1	6	37	8	49	2	?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

08 Average; 09 Good; 11 Outstanding

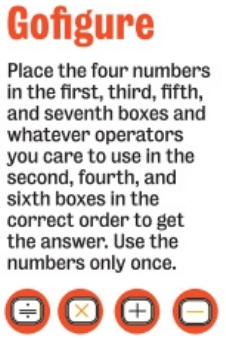
SudokuChallenge

	2					4		
		8			1	7	2	3
			8		9		5	
		7	9		5			
9		3				6		8
			3		6	5		
	6		4		8			
4	1	9	7			8		
		5					6	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy = 2

5 5 5 7

Medium = 18

2 3 3 5

Hard = 7

2 6 8 4

Hocusfocus

Find at least six differences in details between panels.

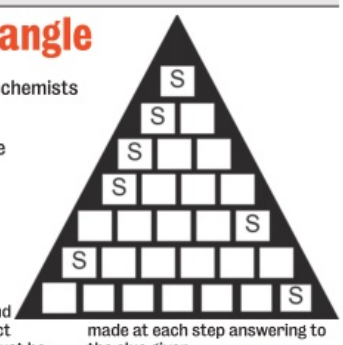
Differences: 1. Plant is larger. 2. Hair is different. 3. Table leg is missing. 4. Arm of chair is missing. 5. Curtain is not as wide. 6. Lampshade is different.

Riddler

Which former Wimbledon champion might make the FIRST GAFFE?

Alpha triangle

1 Curved letter
2 Selenium for the chemists
3 Japanese coin
4 Not mad
5 Pride of the pride
6 Mariner
7 Runs



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

DO YOU THINK MEDICINE MAN WILL EVER GET HIS BALL OUT OF THAT SAND ?
WHACK
WHACK
WHACK
WELL, IT DOESN'T LOOK TOO GOOD...
10/27
BUT YOU'VE GOT TO ADMIRE HIS DETERMINATION !
QUICK-SAND

Bizarrotrip

Diamond Lil

Hart of the city

TOMORROW IS DADDY-DAUGHTER DAY AT WORK. DO YOU WANNA GO?
I KNOW IT'S NOT STEPDAD-DAUGHTER WORK DAY, SO YOU DON'T HA--
DARREN, I'D LOVE TO GO!
GREAT! BECAUSE I ALREADY GOT YOU A BOX OF NITRILE GLOVES FOR TOUCHING ARCHIVAL MATERIALS.

Crankshaft

WE'VE HAD TO INSTITUTE SOME ECONOMIES WITH THE PAPER GOING FORWARD...
AND SINCE WE KNOW FROM OUR POLLING THAT THE COMICS ARE YOUR FAVORITE SECTION...
AND SINCE WE'VE ALL BEEN PUTTING ON A LITTLE WEIGHT... WE'LL BE SCALING BACK ON THE FOOD SECTION INSTEAD!
11-10

Mutts

MAYBE SOMEDAY THE MAN IN CHARGE WILL FIND IT IN HIS HEART TO TAKE ME OFF THIS COLD CHAIN AND BRING ME IN THE WARM HOUSE.
AND MAYBE SOMEDAY THAT GIRL DOOZY AND I CAN RUN FREE IN THE PARK TOGETHER.
SIGH...
...AND MAYBE SOMEDAY I'LL TURN INTO A NIGHTINGALE AND FLY AWAY.
mutts.com/GuardDog

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today is a good day for you. You may experience a positive environment after hearing some good news from siblings. Jobseekers may secure a good job, and spiritual energy may guide you to make the right decisions. Your focus on your goals will become clearer, and students may find increased concentration in their studies.

Taurus Apr 21 – May 20
Today, you may feel dull and not in the best health. You might find yourself at a crossroads, so it's advised to follow your intuition before making important decisions. Drive safely and avoid adventurous activities. Self-criticism and a lack of self-confidence may affect your ability to make important decisions, impacting your social image.

Gemini May 21 – Jun 21
Today is significant in terms of gains. Results may come with less effort, turning losses into profits through intelligence. Consider academic pursuits, charitable donations, and helping the needy. Investing in intellectual assets is possible, and students may excel in their studies.

Cancer Jun 22 – July 23
Your professional performance is excellent today, with full support from your boss or seniors. New opportunities may arise, and job seekers could find suitable employment. Singles may find love at their workplace.

Leo Jul 24 – Aug 23
Destiny is in your favour today, making it easy for you to manage things and boosting your confidence. Consider a visit to a spiritual place and charitable activities. Expect a short business trip and support from family members for lovebirds planning marriage.

Virgo Aug 24 – Sep 23
Today, you may feel dull with minor health issues affecting your daily routine. Self-reflection may reveal areas for improvement. Elders' guidance in the late evening can help overcome challenges.

Libra Sep 24 – Oct 22
Business orders may come your way, bringing future profits. Implement new ideas at work, but be prepared for mental fatigue due to increased workload, affecting your domestic life.

Scorpio Oct 23 – Nov 22
You perform well at work with cooperation from colleagues. Complete postponed projects on time and consider lending money for investments. Job seekers may secure new employment and positive news for those dealing with old health issues.

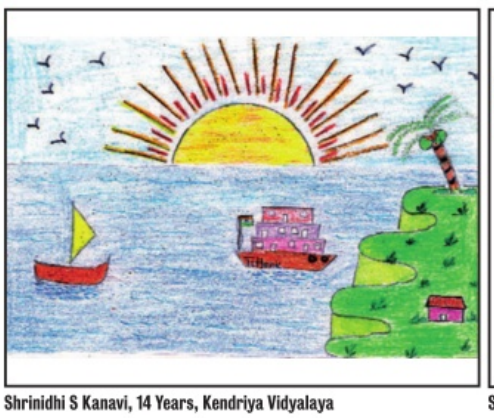
Sagittarius Nov 23 – Dec 22
Situations are improving, and people around you respond positively. Avoid seeing life as a burden, and seek blessings from elders to overcome difficulties. Confusion in setting targets may now be resolved.

Capricorn Dec 23 – Jan 20
Tasks remain incomplete due to mood swings, testing your patience. Be cautious of silly mistakes and confusion in concluding your work. Lovebirds may be confused about their feelings, and high expectations could affect emotional attachments. Take care of your parents, and students may face difficulty in concentration.

Aquarius Jan 21 – Feb 19
With the help of subordinate staff, complete postponed projects and boost your network for work or social life. Plan an outing with friends or siblings, and resolve disputes with neighbours. Students are advised to overcome laziness and carelessness.

Pisces Feb 20 – Mar 20
Today, spend money on family issues but be mindful of its impact on your financial health. Avoid spending on unnecessary things and think twice before acting. Control straightforwardness to maintain harmony in both domestic and professional life.

KIDZONE



Shrinidhi S Kanavi, 14 Years, Kendriya Vidyalaya

Suhasini S Shirhatti, 9 Years, Bala Balaga School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
(6/3)³
(2)³
8

BULL'S EYE
emit, IMITATE, item, mate, matte, meat, mite, mitt, tame, team, time

FAST FIVE

H	A	R	P	S
A	P	A	R	T
U	N	D	U	E
L	E	O	N	E
M	A	N	O	R

STRIKE OUT

M	A	R	S	H	L	U
O		A	O	C	S	O
U	R	G	I	N	G	
G		K	R	O	N	E
T		B	E	E		K
A		A	D	V	I	S
L	O	G	G	I	A	
O		U		I	D	I
S	O	M	M	E		R
I		O		P	R	A
G	O	B	I		M	
L		L	P	S	I	
U	R	G	I	N	G	
T		B	E	E		K
A		A	D	V	I	S
L	O	G	G	I	A	
O		U		I	D	I
S	O	M	M	E		R
I		O		P	R	A
G	O	B	I		M	
L		L	P	S	I	
E	N	D	E	A	R	S

QUICK

T		L	O	B	S	T
	H		S		K	
A	N	A	C	O	N	D
O		N		O		E
A	N	N	U	A	L	
	R		A	S	S	
C	O	A	C	H		
	C		E	G	G	
A	S	S	O	R	T	
A	B	U	T		M	I
A		R		O		I
T	A	N	T	R	U	M

QUOTE UNCODE
Positive thinking will let you do everything better than negative thinking will.

RIDDLER
Steffi Graf

MENSA PUZZLE
5: each row of numbers contains the digits 1–9

SUDOKU

1	2	6	5	3	7	4	8	9
5	9	8	6	4	1	7	2	3
7	3	4	8	2	9	1	5	6
6	8	7	9	1	5	3	4	2
9	5	3	2	7	4	6	1	8
2	4	1	3	8	6	5	9	7
3	6	5	4	5	8	9	7	1
4	1	9	7	6	2	8	3	5
8	7	5	1	9	3	2	6	4

ALPHA TRIANGLE
S, Se, Sen, Sene, Manes, Seaman, Managers.

GO FIGURE
Easy
7 − 5 + 5 − 5 = 2
Medium
5 + 2 × 3 − 3 = 18
Hard
8 / 2 / 4 + 6 = 7

LOOP

KAKURO

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Not guilty plea Hollywood star Actor Alec Baldwin has pleaded not guilty to the charge of involuntary manslaughter after the death of Halyna Hutchins on the set of the movie 'Rust'

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HIGHS & LOWS

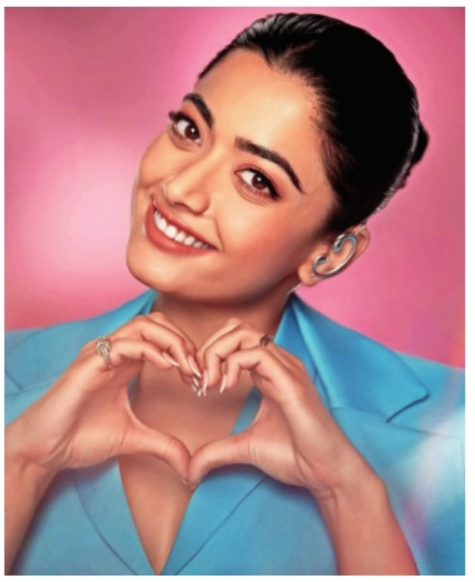
Kriti Sanon on how she negotiates success and failure

Kriti Sanon entered the world of Hindi movies with Tiger Shroff in Heropanti in 2014 and there on, she has delivered many successes like Mimi, Lukka Chuppi, Bheidya, Housefull 4 etc. She even won the National Award for Best Actress for her performance in Mimi last year. However, her recent releases, Ganapath, Shehzada and Adipurush failed to live up to the box office expectations.

The actress is currently promoting her upcoming film Tere Baaton Mein Uljha Jiya. During a conversation with BollywoodLife, the actress addressed box office successes and failures and stated that they are just temporary and that one has to keep moving forward.

She also said before the result of any film, she begins shooting for her next. Kriti said an actor doesn't have much control over how a film will perform at the box office. The only thing she can control is how she can play her part in the best possible way and she doesn't want to regret the thought that she could have done something else or she didn't give her best. The actress said she sulks for a weekend when things don't work out and she parties for the weekend if it works out, but then she moves on. **—ETimes**

Freeze frame



Rashmika Mandanna who was last seen in 'Animal' opposite Ranbir Kapoor is getting a lot of love for her character Geetanjali. During a conversation with 'We Are Yuvaa', Rashmika spoke about her wedding scene in 'Animal' which was amidst the snow-clad mountains of Manali.

It was quite challenging because it was freezing. However, Rashmika was happy that she wasn't the only one suffering as Ranbir was seen in a plain white cotton kurta. She added that Sandeep Reddy Vanga wanted it in such a way that these two kids have run away from home and are getting married in the most bizarre place. Hence, both of them were not shown in winter clothes. Both Ranbir and Rashmika had to face the cold in a kurta and saree respectively.

But there are also more challenges which come when there's shooting in snow. The actress added that the skin appears pale during the snow and hence the make-up artist has to apply extra make-up to restore the lively complexion of the skin. The transition of the skin from indoors to outside in a snow with the blood flow to the face getting apparent were among the many factors which become challenging. No, and it's not just make-up which is the issue.

It's also challenging to manage the hair and its position so that it doesn't go all flat in snow and maintain it through the shoot. Re-setting the hair again and again was making the actors reach out for jackets, she added. **—ETimes**

'Not sad', says Margot

Actress Margot Robbie is "not sad" about her lack of Oscar nomination for 'Barbie'. The 33-year-old actress starred as the iconic Mattel doll alongside Ryan Gosling as her boyfriend Ken in Greta Gerwig's summer blockbuster.

While her co-star received a nod for Best Supporting Actor and the movie is up for Best Picture at the upcoming Academy Awards, both she and the film's director missed out on a nomination, reports Female First UK.

But Margot admitted that she feels so "blessed" in the first place, although she believes that moviemaker Greta, 40, should have been nominated.

Speaking as part of a panel at a SAG screening of 'Barbie', she said: "There's no way to feel sad when you know you're this blessed. Obviously I think Greta should be nominated as a director, because what she did is a once-in-a-career, once-in-a-lifetime thing, what she pulled off, it really is. But it's been an incredible year for all the films." **—IANS**

Boost to indie

'Girls Will Be Girls' earned accolades in the World Cinema Dramatic Entry category, clinching both the Audience Award and the Special Jury Award for the stellar performance of lead actor Preeti Panigrahi.

Richa Chadha conveyed the significance of winning an Audience Award at Sundance, emphasising that the recognition indicates widespread global appreciation for the story. This type of acknowledgment, according to Chadha, plays a crucial role in extending the journey of an indie film.

The 37-year-old actor-producer emphasized that despite its subversive nature, the film maintains a gentle approach, and there was no need to aggressively push boundaries in this particular project.

Chadha and Ali, who became life partners in 2022, revealed the establishment of their collaborative production venture, Pushing Buttons Studios, in 2021.

SANDALWOOD SHOTS

Y MAHESWARA REDDY

About fishermen

Not many movies have been made on fishermen of Uttara Kannada District. Now, director Devaraj Poojary is making a movie based on just that. The title of the movie is Matsagandha. The specialty of the movie is that actor Prashant Siddi debuts as a music director with it.

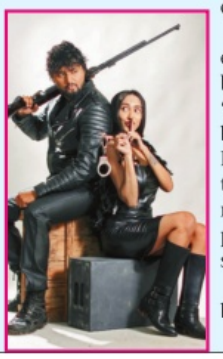
"Matsagandha is my second movie as a director. Prior to this, I helmed Kinare in 2018. In between, I directed Charcoal, a web series. This movie about fishermen families also showcases the misunderstanding between police and fishermen," said Poojary.

He said late Shankar Nag had tried to show the lifestyle of fishermen through the film Ondu Muthina Kathe that was released in 1987. "My movie has 25 percent use of Konkani along with Kannada. It is not a love story but a natural movie. It has five songs. Anjali Pandey makes a guest appearance in the movie," the director said.

The movie is presented by Kannada Pichhar and bankrolled by BS Vishwanath under the Sahyadri Productions banner. The movie was completely shot in the coastal area around Honnavar, Kumta, Gokarna, Karwar, and Bengaluru.

New hero

Yashaswa, the grandson of veteran cinematographer, producer and director HMK Murthy, joins the list of newcomers in Sandalwood. Yashaswa debuts as a hero with the movie Agniloka, directed by his father Rajesh Murthy who has handled the megaphone for a few Kannada movies.



"I selected Yashaswa as a hero for Agniloka because of his talent and not because he is my son. He has undergone training in acting at a reputed film institute in Mumbai. Our family has been associated with the Kannada film industry for quite a long time," says Rajesh.

The movie was shot in and around Bengaluru, KGF, Mandya, and Chikkamagaluru for 30 days. "My son wanted to continue with the film industry like his grandfather and father. He has acted well in the movie, which is an emotional and action thriller," said Rajesh.

He said the movie also explores the bonding between a father and son. "Nela Mahendra, the brother of Nela Narendra Babu, makes a comeback to acting after a gap of many years. Mahendra plays the hero's father," he said.

Pushpa Manjunath has bankrolled the movie.